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SEE PAGE 3

OTTAWA metro®
Tuesday, September 13, 2011
www.metronews.ca
News worth sharing.

Domestic. Dispute

▶ Police confirmed they attended the scene of a domestic dispute on Connecticut Avenue yesterday and two people were transported to hospital. They refused to provide further details.

JOE LOFARO/METRO

Resident witnesses morning attack

Marie Bohachewski was getting in her car to go to church around 7:45 a.m. yesterday when she saw her neighbour being stabbed by a man on the victim's front lawn. "She was on her back and he was on top of her, stabbing, but I didn't realize it was a knife that he was using," said Bohachewski. She ran into her house to call 911. A male passerby who also witnessed the attack later told Bohachewski that the man used a knife, she said. More coverage at metronews.ca/ottawa.

Outside smoking butting out?

Approximately 6,300 non-smokers die each year from exposure to second-hand smoke: Heart and Stroke Foundation of Ontario

The days of sitting on a sunny Ottawa patio and lighting up a cigarette might be coming to an end as the cold weather approaches.

Tomorrow, city council will debate Coun. Stephen Blais' motion to ban smoking on patios, parks and beaches. Blais wants the ban in place before the next patio season.

Yesterday, siblings Denis and Lucie Charron were wrapping up lunch on a Sparks Street patio when he lit up a cigarette and they started to agree to disagree.

"I don't like it," said Denis, when asked about the potential ban. He said there isn't a risk to anyone else on a patio, because the smoke goes up in the air and away.

"I don't agree because the people beside the smokers can smell the cigarettes," said Lucie "So, for me, it's a good thing."

"Generally ... the medical community is on board with an outdoor smoking ban," Blais said, but he wants an opinion from Ottawa Public Health before council decides.

His motion would only ban smoking before 8 p.m. — when kids are out with their families — and would continue to let consenting adults smoke on patios at night.

Denis said he doesn't smoke around pregnant women or kids. Lucie said she isn't sure all smokers would be so responsible.

"I've spoken to a lot of smokers," Blais said. "A lot of them have agreed with the idea, but not all. You're not going to get 100 per cent agreement on any issue."

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Protesters use QR codes to get through to Russia

Protesters who want Russia to stop supplying arms to Syria brought a cyberspace approach to a protest yesterday, stapling QR codes to posts outside the Russian embassy on Charlotte Street.

The codes, which can be scanned by most smartphones, open a web page to view an open letter the demonstrators wrote to Russian President Dimitry Medvedev.

"We sincerely hope you will join the conscientious international community in seeking to isolate the Syrian regime and bring to justice those involved in shedding the blood of our people," the letter reads.

The group is also asking the Russian government to back the UN and step up the international response to Syria's violent crackdown on the Syrian people.

"If Russia and China decided to agree that (they're) with the people, at least NATO is going to start moving," said Yaman Marwah, who organized the peaceful Ottawa protest.

Russia recently opposed a draft UN resolution backed by European nations and the U.S. that would impose an arms embargo and other sanctions on Syria.

No one at the Russian embassy could be reached for comment.

JOE LOFARO/WITH FILES FROM THE CANADIAN PRESS

JOE LOFARO/METRO

▶ Protesters rally outside the Russian embassy, yesterday.

Teenager killed at crosswalk

Transit riders say intersection can be dangerous People cross against walk signal, cars run red lights

A 17-year-old girl was struck by a pickup truck near the OC Transpo park-and-ride on Eagleson Road in Kanata yesterday morning, and later died from her injuries.

The teen was struck around 10:30 a.m., said Ottawa police Insp. Michael Callaghan.

"It's a sad day for us all," he said. "It's a tragedy, an absolute tragedy."

The teen sustained life-threatening injuries and was taken to the trauma centre at the Ottawa Hospital's Civic campus.

The girl's family has been notified, said Callaghan, but police are not releasing her name.

A Thomas Cavanagh Construction Ltd. truck was parked in the right-turn lane next to the park-and-ride's entrance.

Callaghan would not confirm or deny it was the pickup truck that hit the girl, but police later loaded the truck onto a flatbed.

No one is in custody in relation to the incident, and it's too early for charges, he said.

"We're trying to put the pieces together," he said.

It's uncertain if the teen was crossing with or against the traffic lights at the intersection at the time of the accident, said Callaghan.

"We want to ensure all pedestrians are exercising due diligence," he said.

Police closed Eagleson Road between Katimavik Road and Highway 417 for several hours. The road reopened around 3:20 p.m.

KANATA KOURIER-STANDARD

JESSICA CUNHA/KANATA KOURIER-STANDARD

▶ Police are investigating after a 17-year-old girl was struck and killed by a pickup truck near the OC Transpo park-and-ride on Eagleson Road in Kanata yesterday morning.

1 news

Astronomers say they've discovered a potentially livable planet. Only problem is the 50-degree heat. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Allan Small says that better leadership on the part of the U.S. and the European Union could lead to a rebound in markets. Video at metronews.ca

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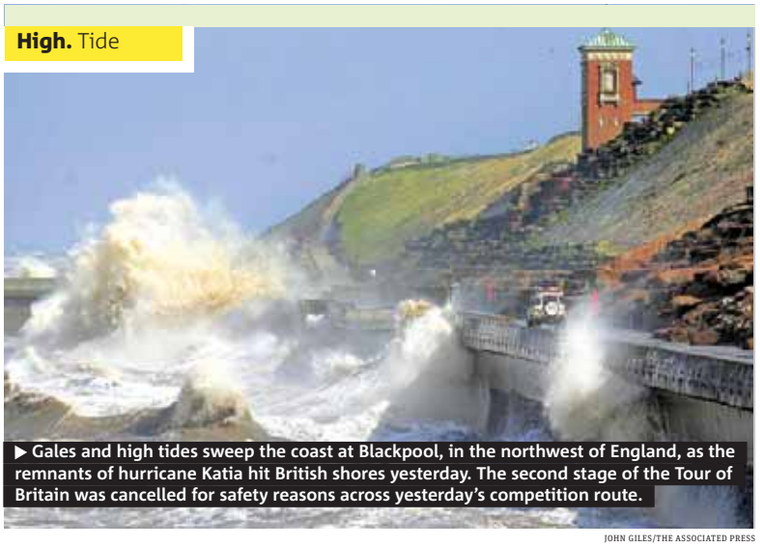


▶ Gales and high tides sweep the coast at Blackpool, in the northwest of England, as the remnants of hurricane Katia hit British shores yesterday. The second stage of the Tour of Britain was cancelled for safety reasons across yesterday's competition route.

JOHN GILES/THE ASSOCIATED PRESS

Katia rocks along British coast

Britain's weather agency says the tail end of former hurricane Katia could bring the worst storms to hit the country since hurricane Lili struck in 1996. Britain's Met Office said post-tropical storm Katia was hitting parts of Northern Ireland, North Wales, Northern England and parts of Scotland yesterday.

Reaching for the Topp

NDP caucus retreat begins today in Quebec City

Promising he will defeat the Conservative government, NDP president Brian Topp has launched a bid to replace the late Jack Layton as party leader.

The fluently bilingual Montrealer is the first to formally enter the race to succeed Layton, who died last month from cancer.

"No one can replace Jack," Topp declared at a news conference yesterday. "But we can honour him by making sure his dream of social justice will never die. We can carry on his work. That's my pledge today."

Topp's name surfaced early as a possible contender in the NDP leadership race. He has worked in NDP backrooms for years, and was a close confidant of Layton.

Topp noted nearly 60 per cent of Canadians did not vote for the Tories, and said replacing Conservative Prime Minister Stephen Harper was "a piece of unfinished business."

FRED CHARTRAND/CP PHOTO

▶ Brian Topp

"I'll lead a caucus that works harmoniously and seriously as a government-in-waiting," he said. "And then, we'll win. And then, we'll govern well."

He said he will expose Harper's "failed record" before winning the next election and forming Canada's first NDP government in Ottawa.

"And that day will be a great day, a new dawn for every Canadian across this country."

THE CANADIAN PRESS

NDP status

- The late Jack Layton led the New Democrats to unprecedented success in the May 2 election, surging the party to official-Opposition status for the first time, winning 103 seats, including 59 in Quebec.
- Brian Topp's name surfaced early on as a possible contender in the NDP leadership race.
- Other potential candidates include deputy leader Thomas Mulcair and MPs Peter Julian, Charlie Angus, Paul Dewar, Robert Chisholm, Nathan Cullen, Romeo Saganash, Megan Leslie and Peggy Nash.
- The leadership convention is scheduled to be held March 24 in Toronto.

Embassy to reopen in Libya

Canada is reopening its embassy in Libya's capital, even as fighting continues in pockets of the country still held by loyalists of the hunted dictator Moammar Gadhafi, The Canadian Press has learned.

Sources say a small team of diplomats, led by Canada's ambassador to Libya Sandra McCardell, arrived in Tripoli on the weekend to conduct a security assessment. Officials wouldn't comment on the state of Canada's abandoned diplomatic mission but said McCardell would have to deal with "refurbishing and securing" the premises.

The diplomats have set up shop at an alternative location in Tripoli, and expect to be joined by a full contingent of foreign-service officers to get operations up and running, sources say.

Canadian fighter jets played a major role in the UN-mandated NATO-led bombardment to protect civilians from Gadhafi, who has ruled the north African nation with an iron fist for four decades.

Foreign Affairs Minister John Baird is to give further details of Canada's diplomatic re-engagement with Libya this morning.

THE CANADIAN PRESS

Nunavut tackles suicide

The government of Nunavut is hoping that better-trained teachers and more mental-health facilities will bring down suicide rates that are the highest in Canada.

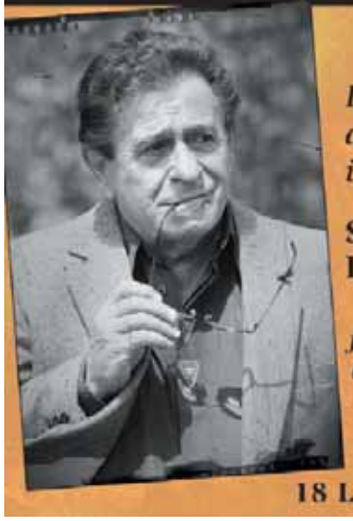
The measures are part of a plan on suicide prevention released in Iqaluit.

The territory hopes that better communication between mental-health workers and teachers will catch at-risk students. It also proposes mental-health centres for Nunavut, which currently has none.

But the plan doesn't identify how much the measures would cost and who would put up the money.

The suicide rate for Inuit youth is 11 times the national average and Nunavut has had 23 self-inflicted deaths so far this year. THE CANADIAN PRESS

Are you often overwhelmed or anxious?



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RUSSIA HOCKEY CRASH

Galimov dies in hospital

The only member of a Russian hockey team to survive a plane crash that killed 44 people died of his injuries yesterday.

The Vishnevsky hospital in Moscow said Alexander Galimov, 26, died of the severe burns that covered about 90 per cent of his body, despite the best efforts of doctors in its burn unit, considered one of the best in Russia.

The crash Wednesday of a chartered Yak-42 jet outside the western city of Yaroslavl took the lives of 28 players, two coaches and seven other staff of the Lokomotiv Yaroslavl hockey club. The only other person to survive, flight crew member Alexander Sizov, remains in intensive care.

Unlike many other members of Lokomotiv who were European Union citizens and once played in the NHL, Galimov was a native of Yaroslavl and a product of its youth program. His initial survival had inspired the entire city, where the team was a source of great pride.

"All of Yaroslavl, all of the country, all of the world followed the doctors' words, believing, hoping, praying that he would defeat death and remain with us," Sergei Vakhrukov, the Yaroslavl governor, said yesterday.

THE ASSOCIATED PRESS

YAROSLAV NEYOLOV/THE ASSOCIATED PRESS

▶ Alexander Galimov

Glimpse. Of hell

▶ Joseph Mwangi sits in a state of shock after learning two of his young children were killed in an explosion yesterday in Nairobi. A leaking gasoline pipeline in Kenya's capital ignited, turning part of a slum into an inferno in which at least 75 people burned to death and more than 100 were injured.

BEN CURTIS/THE ASSOCIATED PRESS

Pipeline fireball kills at least 75 in Kenya

One dead in blast at French nuclear plant

▶ No radioactive, chemical leaks at waste facility ▶ Explosion was 'an industrial accident and not a nuclear accident,' industry minister insists

An explosion at a nuclear waste plant in southern France killed one person and injured four yesterday. Officials said there was no radioactive leak, but critics urged France to rethink its nuclear power in the wake of the catastrophe at Japan's Fukushima plant.

The Nuclear Safety Authority declared the accident "terminated" less than an hour after the blast at a furnace in the Centraco site, in the southern Languedoc-Roussillon region, about 32 kilometres from Avignon. One of the injured suffered severe burns.

The building that houses the furnace wasn't damaged and residents who live near the site were not evacuated, the agency said.

The cause of the accident is unknown and is under investigation.

While the March meltdown at Japan's Fukushima plant prompted other countries to re-evaluate their nuclear programs — with neighbouring Germany vowing to shut all its plants by 2022 — France has remained steadfast in its support for nuclear energy.

Officials downplayed yesterday's incident, but Sophia Majnoni, who runs Greenpeace's nuclear campaign in France, said the plant was not part of a French safety audit conducted in the wake of the Fukushima accident.

"It is a nuclear plant yet its resistance to earthquake or flooding won't be checked, which allows us to think that the government has not drawn all the lessons from the Fukushima catastrophe," she said.

THE ASSOCIATED PRESS

Nuke nation

- France is the world's most nuclear-dependent nation. It relies on its 58 nuclear power plants for about three-quarters of its total electricity. It's also a major exporter of nuclear technology.

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Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada in 2008 to accept a job with a high-tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine native, and Branch Manager at Scotiabank's Courtland & Shelley branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived six years earlier. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home, he connected with Cris once again for a mortgage[1] pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high-interest savings accounts, to save for a downpayment, or Registered Education Savings Plans (RESP)[2] for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).

"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The ***Scotiabank StartRight*** Program[3] for Newcomers includes a free day-to-day bank account for one year[4], a wide range of VISA* card options[5] and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a *Scotia*® advisor who helped them obtain their new home earlier this summer.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

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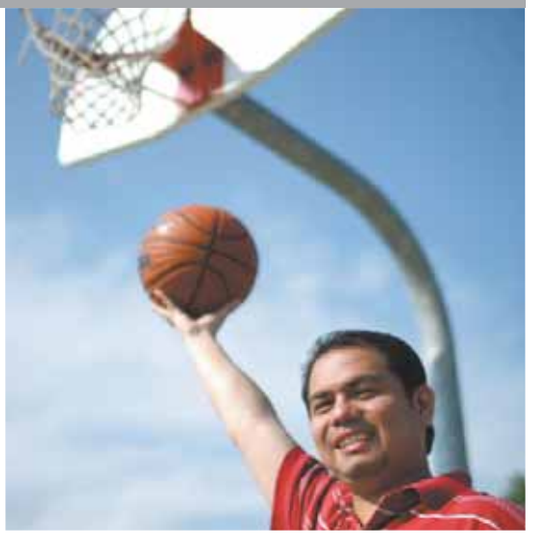

Good advice from Scotiabank helps Philippine native Ronald Miranda enjoy court time with his family.

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News in brief

▶ A 2008 Dodge Caravan

Headlights may lead to minivan recall

INVESTIGATION. U.S. federal safety regulators have opened an investigation into Dodge and Chrysler minivans from the 2005 model year because the headlights can fail without warning.

An investigation could lead to a recall, although it doesn't always mean that one will be ordered.

THE ASSOCIATED PRESS

Loonie hovers just above par

CURRENCY. The Canadian dollar slipped briefly below parity with its U.S. counterpart yesterday for the first time since January before regaining strength and closing slightly above the greenback.

The loonie was ahead 0.40 of a cent to 100.80 cents US after the earlier decline. THE CANADIAN PRESS

Law would target ticket brokers

QUEBEC. Opponents say Quebec's proposed crackdown on online ticket brokers, Bill 25, will only create an unenforceable black market.

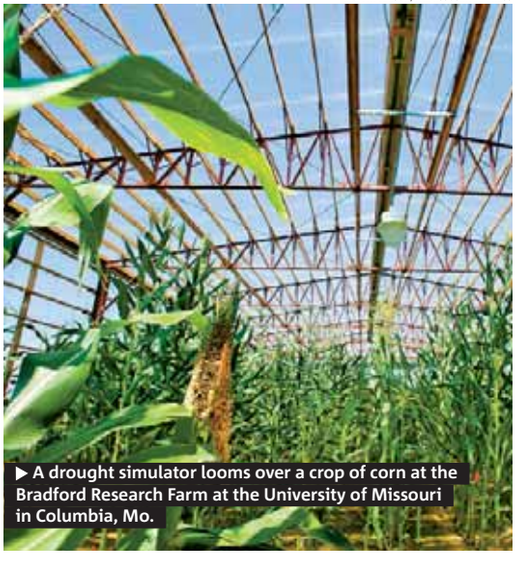
Parliamentary hearings on Bill 25 are being held this week in Quebec City.

THE CANADIAN PRESS

Drought may result in higher food prices

- Experts say poor harvest will raise price of corn
- Other foods also forecast to become more expensive

L.G. PATTERSON/THE ASSOCIATED PRESS



▶ A drought simulator looms over a crop of corn at the Bradford Research Farm at the University of Missouri in Columbia, Mo.

Food prices could rise next year because an unseasonably hot summer likely damaged much of this year's U.S. corn crop.

The U.S. Department of Agriculture estimated yesterday that a surplus of 672 million bushels of corn will be left over at the end of next summer. The estimated surplus is down from last month's forecast and well below levels that are considered healthy.

This spring, farmers planted the second-largest crop since the Second World War. But high temperatures stunted the plants.

The price of corn was relatively unchanged at $7.33 US a bushel yesterday. While that's down from its peak of $7.99 reached in June, it's still nearly twice the price paid last summer.

A bushel of corn equals 56 pounds.

More expensive corn drives food prices higher because corn is an ingredient in everything from animal feed to cereal to soft drinks. It takes about six months for corn prices to trickle down to products at the grocery store.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

Dollar	Natural gas 1,000 cu ft
+ 0.4¢ (100.80¢ US)	$3.892 (- 2.3¢)
Oil	**Gold**
+ $0.95 US ($88.19 US)	$1,813.30 (- $46.20)
TSX	
- 238.72 (12,148.83)	

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IGO Cyber House Inc: 223 Bank St
Joe Mobile Tech: 780 Baseline Rd, Unit 22
RB Computing: 235 Stafford Rd W, Unit 101

Corruption claim rocks France

Former French president Jacques Chirac and former prime minister Dominique de Villepin received an estimated $20 million in illegal cash from West African leaders, a lawyer who claimed to be the go-between said yesterday.

In a radio interview yesterday, lawyer Robert Bourgi said he handed over suitcases filled with cash between 1995 and 2005, including $10 million from the leaders of Senegal, Burkina Faso, Ivory Coast, Gabon and Republic of Congo for Chirac's 2002 presidential campaign.

Both Villepin and Chirac's lawyers denounced the claims.

The explosive allegations come as Chirac is on trial for unconnected corruption charges related to his years as Paris mayor, and as the campaign for next year's French presidential elections is heating up. THE ASSOCIATED PRESS

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

▶ Men walk past an electronic stock board at a securities firm in Tokyo yesterday.

World markets fall sharply

World stock markets fell sharply yesterday amid anxiety over Europe's debt problems and a potential default by Greece that would wreak havoc on the global economy. Japan's benchmark Nikkei index hit a 28-month low.

Nervous investors unloaded equities amid concerns Greece's problems would spread across Europe, and headed for safer havens like bonds and the Japanese yen. The euro hit a 10-year low against the yen yesterday. THE ASSOCIATED PRESS

Growth will fall to 2.4%: RBC

Canada's economic growth will slow to 2.4 per cent this year, RBC Economics said yesterday, marking a 0.8-percentage-point downgrade from its June forecast.

The bank reduced its forecast for the Canadian economy after a "mild contraction" in the second quarter and softer growth in the U.S. and eurozone economies.

"Financial market volatility certainly took a toll on business and consumer confidence this summer," chief economist Craig Wright said in a report. However, he expects the global economy will avert another downturn despite the slide of late in the equity markets and in commodity prices.

RBC Economics has cut its U.S. growth projection by one percentage point to 1.7 per cent for 2011 and by 2.5 per cent in 2012. THE CANADIAN PRESS

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BIRTH ORDER NEVER TAKES A BACK SEAT

SHE SAYS ...

JESSICA NAPIER
METRO

I never call "shotgun!"

Whenever I find myself travelling in a car with my younger brother and one of our parents, I always sit in the front. It doesn't matter that we are both fully grown 20-somethings; I'm the eldest, so there's no debating who gets the coveted passenger seat.

As the assertive (OK, bossy) first-born, I insist on the prime spot in the parental vehicle while he — the agreeable younger child — willingly concedes. This is just one of the many unspoken rules in our family that has come about as a result of our birth order.

While there are only 16 short months between our birthdays, my brother and I are vastly different when it comes to personality. I have always been overachieving, fiercely independent, and, at times, a bit of a stress case. I am overly conscientious, have a hard time breaking rules and will people-please to a fault. In comparison, he is easy-going but less disciplined, unlikely to take charge and much more dependent.

"Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats."

I know my brother and I aren't alone in this seemingly typical eldest/youngest family dynamic. Among my friends — who run the gamut of the birth-order spectrum — there does seem to be some truth to the assumptions associated with sibling sequence. I know plenty of responsible first-borns with perfectionist tendencies and coddled last-borns who can do no wrong.

Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats. Oh, wait — did I forget to mention middle children? Well, that seems about right. The oft-ignored middle siblings tend to get lost in the shuffle. While it's fun to make casual observations about our own friends and families, we have to wonder whether there is any real truth behind these common stereotypes. Is there any conclusive evidence to suggest that one's position on the family totem pole really does have a definitive impact on our personality?

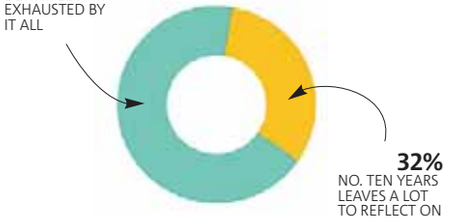
Birth-order theory is a bit of a grey area, both supported and refuted in the world of pop psychology. For every theorist who argues in favour of the importance of sibling sequence on overall development, it seems there are about twice as many critics raising their eyebrows. Some even equate birth order with astrology — a cute personality predictor with no conclusive evidence to back it up.

Scientific validity aside, it doesn't change the fact that I always get the front seat.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel
Register at metropolitanpanel.ca and take the quick poll

Was media coverage of the 9-11 anniversary over the top?



Local tweets

@ameenaoh: @habzurri you name a time and place and i'll be there. no lie. there's nothing that will stop me from my bff bieber cutout.

@BethFavourite: Just volunteered to head coach daughter's hockey team. Overwhelmed but excited for leadership role and giving/getting a lot out of it.

@draglikepull: @kady You mean not everyone is a middle-class, married parent? Are you sure? My focus groups tell me otherwise.

@aeromati: even when I'm scared I try to fly..

@DanielleMcGee: RT @ottawaconvcentr: #Ottawa Convention Centre is finalist for #Canada's Best Restroom Award - Vote here: http://t.co/kWfooak - GO OCC

@MoggyBee: @judithcane I've heard plenty of birds recently...tonite's quiet because of the incoming storm, I think. #tweetweet #ottawa

Letters

'ISLAMICISM.' It was irresponsible for the leader of the nation to use a rhetoric language against a marginalized community at a time when emotions are high and bigotry against them is at its peak.

Stephen Harper did not choose his words carefully when he said to CBC that the most imminent and biggest threat the country is facing is "Islamicism."

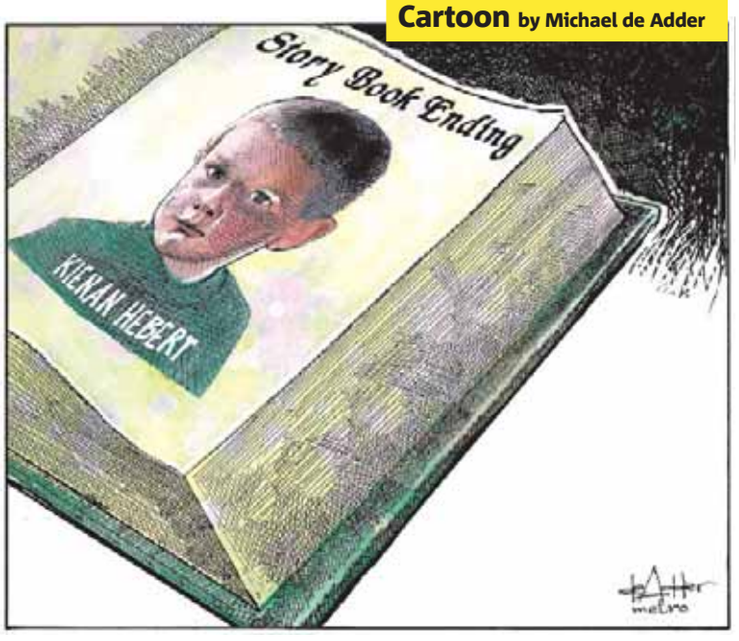
He has used the language of fear that is based on the preconceived notion that Muslims are enemies from within whom everyone should be careful of and guard against.

Unlike Mr. Obama who had organized a breakfasting event at the White House during Ramadan and made it clear to the nation in his speech that "Muslim Americans were innocent passengers on those planes, including a young married couple looking forward to the birth of their first child.... There in the towers where they worked together, they came together for daily prayers and meals at iftar."

Harper has used a language that divides them further.

ABUBAKAR N. KASIM
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Tired Western brands get revived in Asia

Faded and forgotten Western brands are being dusted off and brought back to life by companies in Asia targeting the burgeoning number of people looking for labels to match new middle-class lifestyles.

Asians have been buying or licensing fashion names — many of them European with long and rich histories including royal connections or haute-couture origins — that have fallen out of favour back home, as they seek to lure the region's newly affluent.

Among them are Aquascutum, founded in 1851 and whose trench coats were worn by British officers in the Crimean and two World Wars. The British label was popular with movie stars in the 1950s and '60s, but in later years its appeal fizzled. Various owners tried to turn it around before a Hong Kong company snapped up the Asian rights in 2009 and now runs dozens of Aquascutum stores in China and elsewhere.

Meanwhile, Westerners are picking up on the idea, with one British start-up aiming to bring dormant luxury pen, whisky and British butcher-shop brands to Asia's growing middle classes. THE ASSOCIATED PRESS

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2 scene

Not the same old hook

Former Joy Division bass player Peter Hook talks about growing and experimenting as a musician Reveals his feelings about being sidelined from the New Order reunion

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

PHOTO CREDIT: TIMOTHY NORRIS

▶ This year, Peter Hook is reincarnating Joy Division's more sophisticated work, Closer.

Peter Hook has come to terms with his musical past in a variety of ways in the last 16 months. To mark the 30th anniversary of the death of Joy Division singer and goth-rock icon Ian Curtis last May, Hook led a band through Unknown Pleasures in its entirety. While Hook had played bass on the original album, he tackled this commemorative endeavour as the singer. The outing was successful enough that he took the show on the road. This year he reincarnates Joy Division's more sophisticated follow-up, Closer. But not all of Hook's recent reckoning with his past has been happy. Last week, his bandmates in New Order (the group that soldiered on after Curtis' suicide) announced a reunion — without him. Metro spoke to the man whose style of bass playing defined post-punk music.

At what point did you realize you were going to sing these songs, instead of playing bass? Did you ever try both?

I've never been able to do that. My son plays bass. ... It's still quite nerve-wracking, especially playing Ian's parts. My son is the same age as I was when we did Unknown Pleasures, which is quite weird, but my son was very supportive. He said, "Dad, it sounds fine. Don't worry about it. It will get better." And as we practiced, it did, and I felt happy doing it. But it's still very nerve-wracking.

When you're singing these old songs, what goes through your mind? Is it different than what would go through your mind as the bassist?

As a bass player, I never thought I'd enjoy singing them, but to be honest with you, the words are so delightful and the little tricks he uses in his vocals in the songs are so clever. And the way he rhymes and the way he repeats the rhymes and leads you and does these merry little tricks in his vocals are fantastic. ... And I had never noticed them before.

When you're singing these lyrics does it become more apparent that maybe Ian was trying to cry for help? I guess I am thinking most specifically of that "I'm ashamed of the person I am" line.

The thing about lyrics is you don't necessarily write them about yourself, and the biggest problem with Ian was that he wanted you to be happy, so w henever you asked him something, he would always tell you the answer that made you happiest. So if I asked him, "Ian, are you OK?" He would go, "I'm absolutely fine, Hooky. Stop worrying about me and let's get on with it." ... Even though he was singing these very obviously tortured lyrics, if you asked him if he was OK, he'd go, "I'm absolutely fine! I'm on top of the world! Let's go!" and then we'd go, "Oh, thank God for that." But it wasn't actually true, because obviously he was suffering a lot, but didn't want you to know.

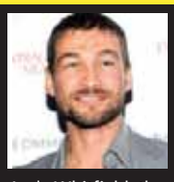
Are you and Bernard Sumner still close at all? I was surprised to see that New Order were reuniting without you.

We are the worst of bitter sworn enemies, which was proven this week by them starting New Order up again without telling me, the f—ers.

So you learned about the new New Order when I did?

Yes. In fact, I heard it on the radio. I'm not too bothered, to be honest. We split up five years ago and stopped working together. And, it's a long time. And really, our relationship has been terrible ever since we stopped working together. So I'm not in a hurry to work with that bastard and I'm sure he's not in a f—ing hurry to work with me. But they didn't tell me that they had made this decision. And there have also been some, shall we say, little business shenanigans, which have proved to be quite distressing, which I'm sorting out at the moment. It's not been nice, and I didn't expect it to be nice.

Scene in brief



Andy Whitfield, the 39-year-old star of the cable series Spartacus: Blood and Sand, has died. Manager Sam Maydew says Whitfield died Sunday of non-Hodgkin Lymphoma in Sydney, Australia. Whitfield's wife Vashti in a statement called her husband a "beautiful young warrior" who died on a "sunny Sydney morning" in the "arms of his loving wife." Whitfield — who was born in Wales and lived in Australia — was a virtual unknown when he was cast as the title hero in Spartacus, a hit original series for the Starz network that made waves with its graphic violence and sexuality. Whitfield was preparing for the second season when he was diagnosed 18 months ago.

THE ASSOCIATED PRESS

Scan this code or visit metronews.ca/scene to find out who was honoured at the Canadian Country Music Association Awards last night.

Sounds Like. Nick Carter

▶ Nick Carter is back with a new album, I'm Taking Off.

What is your greatest fear?
It would probably be getting old. I don't accept it. I'm gonna get younger.

What is your idea of a perfect day?
Every day is special. Every day has something perfect in it. So, there is no perfect day — every day can be perfect if you want it to be.

What or who provides your inspiration and why?
Inspiration comes from looking out in the world and paying attention to the things that are going on around you. Looking at a newspaper, or watching the news, or speaking to a friend.

What is the last thing you say to yourself before a show?
I dont' say anything. I'm dancing.

Nick Carter's back with a brand new solo album. Check out our exclusive video interview with him at metronews.ca/scene

mazda

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Elite Mazda, located at 1205 Boulevard La Vérendrye West in Gatineau is more than the National Capital Region's largest and most modern Mazda dealership. It is a refuge for customers who are tired of cramped dealership waiting rooms with nothing more than bad coffee and four walls to stare at. Just one look at Elite Mazda's indoor koi pond, palm trees and fireplace makes this abundantly clear.

"Our emphasis is on customer service," says Nader Dormani, owner of Elite Mazda. "This is why we created Elite Mazda to include an Internet cafe, a bistro, a hair and nail salon, games room, and a fitness centre complete with change rooms and showers. Of course, for those that can't afford to wait, Elite Mazda also offers shuttle service and loaner vehicles."

With all these amenities and extras, a visit to Elite Mazda's state-of-the-art 12-bay service centre is now something customers can look forward to, rather than dread. The best news: Even with all these added extras, "our service costs are very competitive," says Mr. Dormani. "In fact, Elite Mazda has the lowest hourly labour rate in the region, and every service call includes a complementary exterior car wash – even if you are just getting an oil change."

Here's a closer look at Elite Mazda. The customer lounge is warm and inviting, thanks to comfortable leather furniture, high definition TVs, massage chairs and working fireplace. The Internet cafe is equipped with six wide screen PCs with full Internet access. Elite also offers Wi-Fi throughout the dealership, so that people can use their own laptops and smart phones to connect to the Web. For refreshments, the bistro offers coffee, juice, soft drinks and water plus a selection of donuts and muffins – all free for Elite Mazda service customers.

For those who prefer a workout while waiting, Elite Mazda's Fitness Centre is equipped with a treadmill, stationary bike, Stairmaster and an elliptical exercise machine. Afterwards, customers can relax by getting their hair done and/or manicure in the dealership's onsite salon, or use the massage chairs. As you unwind, kids will stay amused in our playroom, which has a Playstation 3 for young adults, and toys and crafts for younger children.

"There is so much to do at Elite Mazda that customers may be tempted to stay long after their cars are serviced." Says Mr. Dormani. "We want customers to feel welcome here," he says. "Our goal is to achieve 100 percent customer retention and to become Canada's leader in customer satisfaction."

In addition to all these facilities, Elite Mazda is equipped with a spacious showroom that can hold more than 20 cars. That's more than enough room to make all the latest Mazda Models available in complete indoor comfort, including the all-new 2011 Mazda 2 and 2012 Mazda 5.

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DVD Releases

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Incendies

Genre: Drama
Director: Denis Villeneuve
Stars: Lubna Azabal, Mélissa Désormeaux-Poulin, Maxim Gaudette

Director Denis Villeneuve says Incendies refers to an inferno that leaves "something totally destroyed, totally transformed … destruction that you cannot change afterwards."

The metaphor well suits his film's emotional intensity.

My pick for the best of 2010 and also Oscar contender for Best Foreign-Language Film, Incendies is a detective story, thriller and family drama in one.

Set in Canada and the Middle East, and freely adapted from Lebanese-born Quebec playwright Wajdi Mouawad's acclaimed stage work of the same name, it begins with a quest sparked by the last will and testament of Nawal Marwan (Lubna Azabal), a humble Montreal legal secretary.

Nawal wants her adult twin children Jeanne (Mélissa Désormeaux-Poulin) and Simon (Maxim Gaudette) to deliver two sealed letters: one each to the father and brother they didn't know they had, whereabouts unknown.

If Jeanne and Simon succeed in their tasks, Nawal writes, "the silence will be broken, a promise kept." So begins the central mystery of Incendies, a commanding film of multiple revelations, locations and decades that ultimately becomes a work of transcendent reconciliation. PETER HOWELL

Thor

Genre: Action
Director: Kenneth Branagh
Stars: Chris Hemsworth, Anthony Hopkins, Natalie Portman

To all but the nerdiest of kids in days of yore, The Mighty Thor was the comic book you bought after you'd blown your allowance dough on Spider-Man, Fantastic Four and other A-list action heroes.

But on the big screen, it's a whole other Thor-y, especially with the welcome discovery of Aussie actor Chris Hemsworth in the title role of the exiled and agitated Norse god.

Kenneth Branagh directs, and this great Shakespearean actor and occasionally good filmmaker rightly susses that the material needs the grand playwright's mix of humour and pathos.

This is not to say that the committee-written script remotely requires the Stratford stage, but for a fun and fluffy popcorn flick, it's got plenty of butter.

Essentially an origin story, but more than just a lead-up to next summer's anticipated all-star rumble The Avengers (wait for a post-credits tease), it's the classical saga of two sibling rivals and the father they seek to impress and succeed.

Blond and hunky Thor and his ferret-faced brother, Loki (Tom Hiddleston), live amongst the clouds and CGI-rendered crystal palaces of Asgard, their heavenly realm.

Extras include deleted scenes and featurettes. PETER HOWELL

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Clooney heads north to reveal new relationship

Former WWE star holds her own on the red carpet alongside Hollywood's most eligible bachelor

George Clooney and Stacy Keibler have decided to use the opportunity of the Toronto International Film Festival to go public with their rumoured romance, according to Us Weekly.

The pair made the rounds for Clooney's two films at the festival, the Ides of March and the Descendants, hitting up several parties.

"One of the reoccurring themes of the night was that Stacy had her own conversations going on and that she wasn't following Clooney around like a puppy dog," a source says.

"The two clearly work not only as a pair, but also independently. [Stacy] really stood on her own. George was not overprotective and didn't have to look after her."

METRO

George Clooney

THE CANADIAN PRESS

Stacy Keibler

@diablocody

One would think using whitening toothpaste for one's entire adult life would result in white teeth

@JennyMcCarthy

I'm afraid to donate my body to science cuz I'm afraid my arm will wind up on Dr Oz.

@JimCarrey

I've always hd infinite creative energy a playful nature n the courage 2 b unconventional bt envious ppl prefer to call me nuts. S'ok

@ConanOBrien

Where's my Ben & Jerry's ice cream flavor? I think people would love a bowl of "Ginger Coco Honkey Bites".

B.Coop and JLo may be an item

Jennifer Lopez reportedly shared an intimate dinner recently with Bradley Cooper recently, leading many to speculate that she's moving on from her divorce from Marc Anthony with the Hangover star, according to TMZ. The pair shared a "romantic" meal at posh restaurant Per Se, sources tell the website.

METRO

Witherspoon won't sue

While Reese Witherspoon isn't pressing charges against the driver who struck her while she was jogging last week, the experience has still reportedly left her shaken up, according to Us Weekly.

"The whole incident really frightened her," a source says. "The odd thing about all of this is that Reese has always been very afraid of being hit by a car. It's been an ongoing fear of hers. She is always the first person to pull people away from the edge of the curb because she doesn't want them being accidentally hit."

METRO

A seizure ended Amy's life: Father

Amy Winehouse's father, Mitch Winehouse, thinks the singer's tragic death was due to an alcohol-induced seizure, he tells Anderson Cooper.

"Everything Amy did, she did to excess," Mitch says. "She drank to excess and did detox to excess. [But] when she wasn't drinking, she was absolutely on top of the world."

METRO

Wood not long in tooth post-party

Evan Rachel Wood celebrated a little bit too much for her 24th birthday recently, resulting in a lost tooth, the actress confessed at the Toronto International Film Festival.

"It was just past midnight and I was dancing with my friends in Paris," she explains.

"And just boom, I caught an elbow right in the left side of my face."

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GETTY IMAGES

Evan Rachel Wood

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3 life

A new study shows

13%

... is the average drop of LDL cholesterol after eating the equivalent of one bowl of oats each day for six months, a new Canadian study has found. METRO

SpongeBob in hot water after study shows tots have short attention span afterwards

ISTOCK PHOTOS

▶ One of the dangers of exercise addiction is that other addictions can take over.

Addicted to exercise

Getting fit is good But what happens when some people take it too far? Metro found out

CELIA MILNE
LIFE@METRONEWS.CA

Are you addicted to exercise? While physical activity is obviously good for you, too much exercise could signal problems brewing.

"If exercise takes over from work, social activities, and sleep, that is an unhealthy behaviour," says Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, a residential treatment centre for addictions.

"If you are exercising three to hour hours a day, something else is being cut out of your life," she adds. "If you are not willing to attend family functions, that's a sign you might be going overboard. It's not normal to exercise more than two hours a day, five days a week."

An interesting Parisian study done in 2008 found that 42 per cent of people using a fitness facility were dependent on exercise. It also found those with exercise addiction were more likely to engage in compulsive shopping.

One of the dangers of exercise addiction is that if you have to stop exercising due to injury, other addictions take over.

"If you have to stop, how would you replace that high? You could turn to drinking or drugs."

Another danger is people don't stop or slow down when they should, and could get hurt.

"If they refuse to take a rest day or stop when injured, there is something wrong."

Excessive exercise is not a formal psychiatric diagnosis, but it could become one in the future.

Meanwhile, it is one of the criteria for bulimia.

Over 50 per cent of those with eating disorders engage in excessive exercise to keep their weight down.

"Exercise itself is a very healthy behaviour, but it needs to be done with variety, in moderation and it should be fun. If you are doing it just to lose weight and not enjoying it, that is not a healthy behaviour," says Lee.

Warning signs

We asked Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, for some signs of excessive exercising.

- **You say no to social activities with friends so you can exercise**
- **You exercise more than two hours a day**
- **You would be depressed if you couldn't exercise**
- **You always exercise alone**
- **You don't get enough sleep because of exercise**

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Avoiding getting Fall fat

It's getting colder, and it's tempting to skip the gym The bigger portions keep you warm We asked Keri Glassman, founder of Nutritious Life in N.Y., to tackle those weaknesses Here's what she has come up with

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

With absolutely no work, this could be you.

I'm already pulling out my jumpers, and no one can see my figure. And I get cold quickly because I'm already skinny. Forget it, I'm skipping the gym for a few months.
Exercise is not just about staying skinny. The health benefits go way beyond maintaining weight. No skipping. Perhaps switch gears and try something like hot Bikram yoga to keep going through these winter months. Also, the feel good hormones (serotonin) released from exercise will help boost your mood during the dreary days of winter.

What do I do if I'm in a restaurant and all they have are hearty dishes meant to warm me up? I want to eat one.
Order a hot and healthy dish. It may sound boring, but try the soup. Hearty vegetable soups, such as tomato and bean, are great options as they are full of fibre (and will curb your hunger) and this will keep you warm. Just make sure they are not cream based as that's just unnecessary fat.

I bike to work, but once the weather gets cold and snowy I'm going to get on the bus.
Since the bus may save time, schedule in a cardio session before you go to work. Go for an early spin class at the gym or even try a 30 min DVD at home. Use the bus time to get ahead on work and be more productive in the morning.

I've been drinking water all summer but it makes me cold. Now I'll drink when I'm thirsty.
Make sure you always have water to sip on. Being properly hydrated can boost your metabolism, possibly enough so to make a five pound difference in your weight in a year. If water is giving you the chills then stock up on herbal tea. The bonus? Certain teas, such as chamomile, can help calm you down.

I got a perfect tan this summer, but soon there'll be no sun. I'll book a sun bed.
Can you say self tanner? The best is to pop some extra carrots in your diet. Vitamin A-rich foods can add to your natural skin tone.

It's soon going to get cold and I'll be burning extra calories. That means I can tuck into that pasta bowl and glass of red guilt free tonight.
Not unless you're living in an igloo are you going to be burning enough calories to warrant that big bowl of pasta. Stick with lean protein like fish, white meats such as chicken and turkey and lean beef. You can have that pasta but only on the side.

"You can have that pasta but only on the side, not as your main course."
KERI GLASSMAN

I've gained weight but, hurrah, I can just wear warm baggy clothes and no one will notice I have piled on the pounds.
Throw those baggy clothes to the back of the closet. Focus on form fitting turtlenecks and leggings so you don't get too comfy in the potato sack look.

I loved buying fresh fruit and vegetables over the summer, but now it's too cold.
There are no excuses for skimping on the veggies. Canned (low sodium) and frozen organic veggies are often just as (if not more) nutritious than fresh. Load up and have your list of go-to freezer foods. Many brands make healthier options that you can put together fast. How about a frozen turkey burger and organic frozen veggies?

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  Fernand-Seguin Research Centre
  Louis-H. Lafontaine Hospital
- **Genes, the Family and the Environment in the Eating Disorders: DNA, TLC or MTV?**
  Presented by: Dr. Howard Steiger
  Eating Disorders Program, Douglas University Institute
- **Smoking and Drug/Alcohol Addiction: Why is it so difficult to quit?**
  Presented by: Dr. Kathryn Gill
  Addictions Unit, McGill University Health Centre

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Getting the skinny on digestion supplements

The brains behind the Skinnygirl brand has launched a cleansing aid

Bethenny Frankel just wants to make your life a little easier. She's authored best-selling books and created the group of Skinnygirl Cocktails, fitness DVDs and a line of slimming undergarments.

She spoke with Metro about her two new supplement lines intended to aid digestion.

Was Skinnygirl Daily always in the plan for your Skinnygirl brand?

It was initially gonna be a book, because people keep asking me about cleansing. I've fasted, I've juiced, I've done everything, so people wanted me to write a book — and I probably will write a book — but I realized how much confusion there is on cleansing.

How is your line different from other cleansers on the market?

It's not harsh or extreme. It's something you can take every single day and decide if you want to take it once a day or twice a day. You make it work for you.

What's a typical day of eating like for you?

I don't have a typical day. I like pizza, I like French fries. I eat differently every single day.

MEREDITH ENGEL

TOBY CANHAM/GETTY IMAGES

▶ Bethenny Frankel launches her Skinnygirl Daily product range earlier this summer.

Yoga pose.
Prasarita padottanasana

What you do:

1 Stand in mountain pose and step your feet apart (around 3 feet). Rest your hands on your hips with your inner feet parallel to each other. Lift your inner arches by drawing up the inner ankles and pressing the outer edges of your feet and ball of the big toe into the floor. Engage the thigh muscles by drawing them up. Inhale and lift your chest.

2 Exhale and lean the torso forward from the hip joint. With your torso parallel to the floor press your fingertips onto the floor directly below your shoulders. Fully extend the elbows. Move your spine evenly into the back torso so that your back is slightly concave from the tailbone to the base of the skull. Bring your head up and direct your gaze upwards.

3 Pushing the thighs back, lengthen the front torso and widen the pelvis. Maintain the concavity of your back and the forward lift of your sternum as you walk your fingertips between your feet. On an exhale, bend your elbows and lower your torso and head into a full forward bend pressing your palms into the floor. Hold for 1 minute.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

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DEALING WITH CROWDED TEETH

Smiling is one of the most effective ways to convey our emotion and our pleasure. It is one of the things we love to see in a dental office, whether it is from a happy patient of a happy staff member.

Unfortunately, some people feel a great reluctance to flash a beautiful smile for the simple reason that they have **crowded teeth.** In fact, crowded teeth, often referred to by dentists as "malocclusion of the teeth" is one of the most common problems we face.

A number of factors can be responsible for crowding. Unfortunately, genetics is one of the greatest factors. Many people simply inherit problems like a small jaw or an irregularly shaped mouth from their parents and, in turn, pass them onto their own children. These problems can result in teeth that become crowded or crooked.

Accidents that result in tooth loss are another common cause. It may seem counter-intuitive to think that one's teeth could become crowded due to **the loss** of a neighbouring tooth. However, what often happens is the remaining teeth slide into the empty space and can become crowded.

One other factor that parents with young children should be mindful of is **thumb sucking**. The manner and direction in which the thumb rests in a baby's mouth can change the shape of the jaw and result in teeth sliding too close together. If you have a baby who loves to suck his/her thumb, you should discuss this with your dentist.

Dr. Bao Nguyen
Dental Surgeon

Crowded teeth are a big concern from a cosmetic standpoint. People may be reluctant to smile for fear of bringing attention to their appearance. This can have a tremendous impact upon their **self-confidence**.

In addition, **crowded teeth may be more difficult to clean.** Imagine how hard it can be to maneuver a toothbrush or floss through such tight corners and spaces! If cleaning becomes a problem, **tooth decay and gum disease** are usually not far behind!

People with crowded teeth may also find it changes the natural motion of their jaw, causing **inordinate wear and tear on some of the teeth or the jaw bone itself.** This can result in pain while eating some foods, and headaches from the pressure of the movement.

The bottom line is **crowded teeth need to be treated.** Braces work for most people, and you would be surprised how many adults are going for this option. It may not be fun to have to deal with braces, but the results in the long run will make worthwhile.

In some cases, **surgery can be necessary.** These situations are not very common, but patients should be aware of that potential.

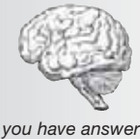
The good news is that crowding is a very treatable condition. It is easiest to treat in younger patients, but regardless of age, talk to your dentist about the options if crowding is a concern for you. Because maintaining a proper space between your teeth is a healthy habit…and healthier habits lead to healthier lives.

Dr. Bao Nguyen
- Dental Surgeon

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐



Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

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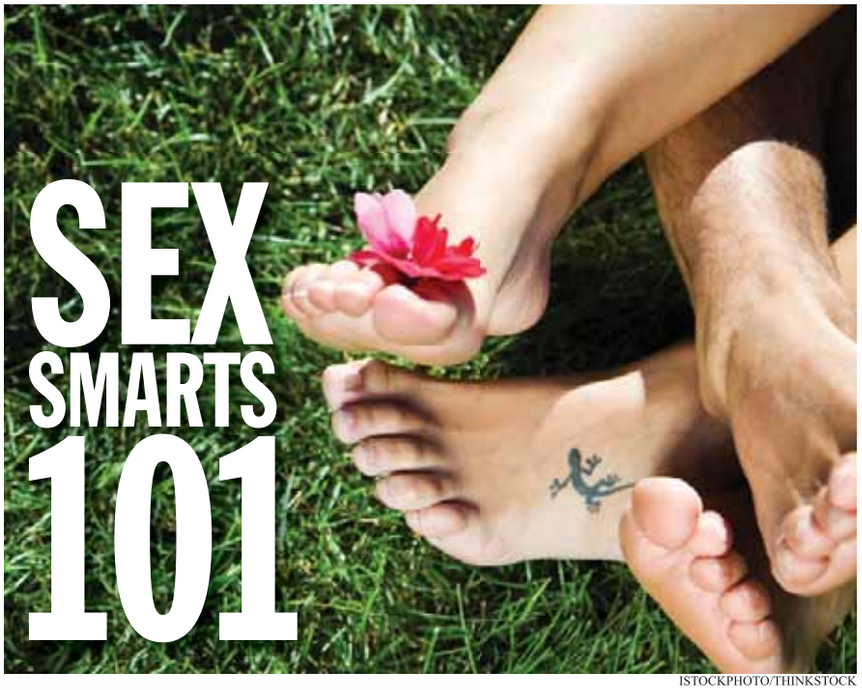
Research programs are reviewed by an ethics review board.

SEX SMARTS 101



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FROM FRIENDS WITH BENEFITS AND FROSH-WEEK ACTIVITIES TO DORM LIFE AND BAD REPUTATIONS, STUDENTS CERTAINLY HAVE THEIR WORK CUT OUT FOR THEM.

Socially, that is. Never mind cramming in late-night study sessions, campus life brings with it an entirely new set of lessons. According to Dr. Robin Milhausen, associate professor of family relations and human sexuality at the University of Guelph, it's a time for serious decision making.

She says students need to make "concrete" choices about their bedroom boundaries before finding themselves in sexual situations. "Students are going to be well supplied, but they have to make decisions," she says, noting that there's an abundance of sex resources and condoms available on most campuses. For women in particular, it's important to know one's limits. "Gender differences still exist," explains Milhausen. "Women are more inclined to feel regret than men are (after a sexual encounter)," she says. They also have the added worry of unwanted pregnancy, are more susceptible to STIs and, though unfair, have a higher risk of earning a bad reputation than their male counterparts. "Women tend to be the sexual gatekeepers," says Milhausen. "They have the freedom to have a lot of sex, but men have the advantage of being able to have sex and be judged less harshly." Milhausen encourages a two-pronged contraception plan, combining a "hormonal barrier method," such as the birth control pill, and condoms, to reduce the risk of STIs and pregnancy.

Meanwhile, one hot campus trend was thrust into the spotlight when the film, Friends with Benefits, was released earlier this year. While parents may cringe at the idea of such casual sex encounters, Milhausen says it offers more benefits than they might think. "In the past, casual sex was more about having sex with a stranger," she says. "Now they're having sex with someone who's a friend ... who they can also get emotional support from. It's another kind of relationship. It's not all doom-and-gloom — there can be less risk involved. I think parents are worried about this, but young people are very comfortable with it." That said, know what you're getting into, she advises. "Anyone calling you after 11 o'clock to watch a movie is a call to action," she says.

– Tanya Enberg

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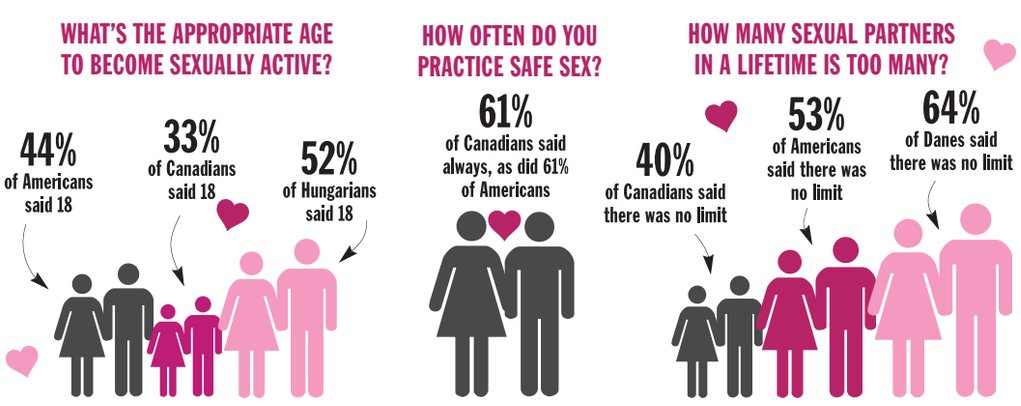
WHAT'S THE APPROPRIATE AGE TO BECOME SEXUALLY ACTIVE?
44% of Americans said 18
33% of Canadians said 18
52% of Hungarians said 18
HOW OFTEN DO YOU PRACTICE SAFE SEX?
61% of Canadians said always, as did 61% of Americans
HOW MANY SEXUAL PARTNERS IN A LIFETIME IS TOO MANY?
40% of Canadians said there was no limit
53% of Americans said there was no limit
64% of Danes said there was no limit

Metropolitan Panel

Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you! Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation.

BREAK DOWN YOUR BARRIERS

THE FAMOUS ADAGE, LESS TALK MORE ACTION, MAY HAVE FOUND THE PERFECT FIT — BETWEEN THE SHEETS.

ISTOCKPHOTO/THINKSTOCK

"A lot of people tend to overanalyze things — especially when it's about sex," says Toronto-based psychotherapist Kimberly Moffit. But, adding extra sexual sizzle needn't be scary. If the bedroom is always the go-to place for sex, try a new room.

"Grab your partner in the shower and say, 'come on, let's go!'" she says.

If you prefer discussing your desires first, getting the conversation started is easy. "You're cuddling after sex, and say 'You know honey, that was amazing, I was thinking next time we could try ...' and fill in the blanks." Flipping through Cosmo magazine is a fun, non-intimidating way to explore sex without compromising comfort zones. "You could read it together and you might find yourself getting turned on and want to try some of the ideas." Of course, sex shops are teeming with ideas and many pharmacies carry an impressive selection of sexual goodies. "A lot of couples are ready to give up — the passion's gone — but it's always possible to revive it," says Moffit.

"A lot of the time, there's not a lot of effort being put in. You have to become creative ... Relationships take a lot of work."

FIRST ENCOUNTERS

STOCKBYTE/THINKSTOCK

If hyper-sexualized messages are considered highly seductive forces, many modern teens are rising above it.

"Looking back at studies done in the 1990s ... today's youth are a little less likely to be having intercourse than their counterparts 10 or 20 years ago," says Alex McKay, research co-ordinator at The Sex Information and Education Council of Canada (Sieccan). "They are also more likely to use condoms."

This during a time of potent sexual imagery — one that saturates everything from teen dramas and music videos to highway billboards and bus shelter ads. Rather than becoming more promiscuous, the opposite is proving true.

According to the Centers for Disease Control, in 1991, 54.1 per cent of students between grades 9 and 12 reported having sex, compared to 46 per cent in 2009.

In 1991, 46.2 per cent said they used condoms the last time they had intercourse. That number skyrockets to 61.1 in 2009.

"Today's youth, generally speaking, are more knowledgeable about sexual health and, as a result, they take better care of their sexual health," observes McKay.

In other words, knowledge is power.

"There's a belief of monkey see, monkey do, but teens are smarter than that," he says.

Statistics Canada found that 43 per cent of 15 to 19 year olds had sex at least once in 2005, compared to 47 per cent in 1996-97. McKay says, on average, today's youth have sex for the first time between 17 and 18 years of age.

Despite improvements, he says more work is needed, including teaching media literacy and consistent sexual education.

All youth should have the "skills to take care of their sexual health before they become sexually active, because after they become sexually active, it's too little too late."

– Tanya Enberg

BY THE NUMBERS

Have you ever wondered which Canadian province sells the most condoms? Or the least? Wonder no more: The following list reveals how many condoms were sold in each province or region (Newfoundland and Labrador was excluded from the survey):

ONTARIO
31,651,747

QUEBEC
16,940,462

ALBERTA
9,384,955

BRITISH COLUMBIA
8,995,550

MANITOBA & SASKATCHEWAN
4,427,107

MARITIMES
3,893,126

Source: AC Nielsen, L52W, period ending July 30, 2011

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*62% get results 5 days before expected period; 90% get results 2 days before expected period. See doctor as recommended. Use as directed.

MISSED CONCEPTIONS

EVEN AS SEXUALLY SAVVY AS WE MIGHT BE, BIRTH CONTROL MISCONCEPTIONS CONTINUE TO BREED LIKE WILDFIRE.

Even as sexually savvy as we might be, birth control misconceptions continue to breed like wildfire. Dr. Robin Milhausen of the University of Guelph, says some folks believe condoms can be re-used. "Condoms are single use and single partner," she says. Meanwhile, other myths include the idea that a woman can't get pregnant her first time having sex (uh, no); that pregnancy can't occur if a couple has sex standing up or if the withdrawal method is used (not so, due to the risk of pre-ejaculate) and that Saran Wrap is a condom alternative (it isn't). *– Tanya Enberg*

OUT OF THE BOX

LUBRICATED
Straight walled condom with reservoir end with some condoms being thinner for a more natural feel.

NAKED SENSATIONS
Allows for freedom of movement for a more natural experience. Deep ribs at end and base increase stimulation.

MAGNUM
Larger than standard condoms for extra comfort while being tapered at the base for a secure fit.

HER PLEASURE
Designed to help heighten her sensation and pleasure. Deep ribs for extra enjoyment and stimulation.

FIRE & ICE
Uniquely shaped for stimulation.

FOR MORE INFORMATION, VISIT TROJAN.CA

PROTECT YOURSELF

Used properly, condoms can greatly reduce the risk of pregnancy and sexually transmitted infections (STIs). When you use a condom, you protect both yourself and your partner by helping prevent the spread of such STIs as herpes, chlamydia, gonorrhea, HPV and HIV.

The website Weknowsex.ca has lots of valuable information about STIs, including the fact that you can be infected with one but not show any symptoms, which means you may not even know you have one.

So how do you know if you're at risk? Even if you're in a monogamous relationship or you're really careful when it comes to your sexual behaviour, you're still at risk of getting an STI. That's because it's common for people to bring a symptom-free STI they don't know they have with them to a new relationship.

On the other hand, if you have an STI with symptoms such as genital warts for HPV, lesions or blisters for genital herpes and genital discharge and pain for chlamydia, the responsible thing to do is to tell every new sexual partner that you have an STI. That way, your partner can make an informed decision about whether to use a condom to help prevent becoming infected with your STI.

STIs tend to be more common in women than men, simply because women are more biologically susceptible to them. It's a good idea for anyone who is sexually active to get tested for STIs, especially if you've had sex without a condom. For more information about STIs, visit weknowsex.ca.

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▶ Do you usually specify "plus one" or "and family" on invitations that you send out?

POLITE WAYS OF SAYING 'NO'

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Hi Charles,
I'm hosting a 50th birthday party for my husband. It's a formal event at a hotel with a sit-down dinner. We didn't say "plus one" or "and family" on our invitations, and have had a few people respond asking if they can bring a friend/date/their children.
Can I politely say no or once asked am I socially obligated to say yes, or does it depend? Thanks,
Politely Curious

Dear Politely Curious,

Well, you have to decide what is important to you. The short answer is that the person who is invited is named on the outside of the envelope and it is rude on behalf of the guest to put you, the hostess, in a position to ask if you can bring someone who was not invited.

Now that we all know the rule, the question is what to do? First off, do you have the room to seat these additional guests?

Lack of space is always a great and polite way out.

Secondly, if it is just one or two guests who happen to be your best friends than you might be a little more tolerant and allow them to bring someone. However, regarding children (and I *love* kids), if this is an adult party it is 100 per cent OK to say, "We would prefer if you would hire a baby sitter to take care of the kids that night, so that you and your husband can relax and enjoy the evening with the adults." I hope this helps and please do let us know how things turned out.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

WITH LOVE AND LUST, THINGS CAN GET ITCHY

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

I am in love with an amazing woman, it's relatively new and things are going really well ... but she's just informed me that she has herpes. We've been having safe sex, and used condoms, but I know it can be transmitted regardless. I have to admit it threw me — how do I handle this?
Itchy love.

Andrea: It's a little late for you to decide whether or not it's a deal-breaker as you've already slept together.

I'd take that personally, but maybe you're a bigger person.

On the bright side, many couples have managed to avoid transmission by not sleeping together during outbreaks (or touching affected areas).

However, asymptomatic transmission is possible. Think of the worst-case scenario: you get herpes.

Ultra worst-case scenario: you get herpes, and then she dumps you. Can you handle that?

If the answer is you'd end up boiling her bunny, then maybe you should just get tested now and break it off. If you're unsure, spend some more time with each other being as safe as you can, until things are clearer.

Claire: Love is never simple, lust even less so.

She should have told you earlier, but I assume it was a very hard confession to make, so if you like her, you have no choice but to forgive her. According to medbroadcast.com, genital herpes affects one out of six Americans, and eight out of 10 have no clue they have it.

So the bad news is that you risk becoming part of a very large club, but the good news is that if you don't have outbreaks, there are almost no other symptoms. It's like an Aeroplan — you know you have the points, but you never get to use them.

You can't choose whom you love, and considering the stats, she sounds like she's more worth the risk than someone else you might meet if you leave her for this reason alone.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Interpreting your wildest dreams

▶ Dreams are pieces of advice you are giving to yourself, says expert ▶ New book gives tips on unlocking dreams

HEIDI PATALANO
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Dream interpretation is a subject of fascination for many, but Dr. Lauri Loewenberg is the real expert.

Holding a doctorate in archetypal psychology, she can make sense of just about any dream, given the right contextual information. You can interpret your own, too, with a few tips from her new book, Dream On It: Unlock Your Dreams, Change Your Life.

Loewenberg says that dreams should be treated as advice you give to yourself.

"Dreams are basically a conversation with the self," she says.

"Everything in your dream is about you and about your life. If you dream that a co-worker dies or a family member dies, we think, Oh my gosh, they might die, when in fact it's something about you that's dying off or changing."

But if dreams are so specific to each person, then why do so many of us have dreams about the same things, like teeth falling out or flying?

"Look at your dreams as a language," says Loewenberg.

"They're really metaphors for your life because this is how we communicate when we talk to each other. We use metaphors. It's a picture language.

"The difference is that the dream brings it to life and puts you in it."

Loewenberg suggests keeping a journal in which you describe your dreams right after they happen and to look closely to the day before the dream in order to figure out what it means.

"I've found that your day and your dream are always connected. Always," she says.

"You can always connect the dots between what happened in the dream and what happened that day."

Are nightmares a good thing?

It's constructive criticism. It's kind of a slap in the face that says, "Hey, wake up," this issue really needs to be taken care of already.

Do you believe dreams can be prophetic?

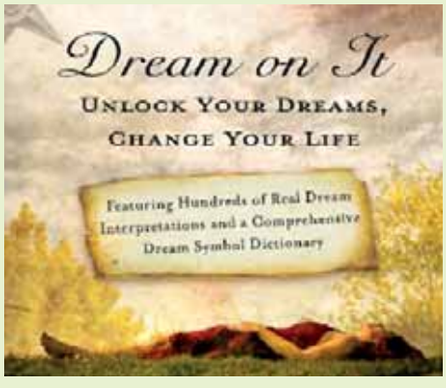
I hear a lot of people who have pretty compelling stories about how their dreams did kind of show them the future.

I do leave myself open to that, but also the scientist in me is still skeptical because we do, as part of human nature, tend to draw the bulls-eye around the arrow.

What's the best way to have a lucid dream?

When you set your alarm, set it to 20 or 30 minutes earlier than you need to wake you up.

When it goes off, hit the snooze button and then in that 20 to 30 minutes, you will drift back into sleep but you're not going to get deep enough to the point where you'll lose your consciousness.


Dream on It
Unlock Your Dreams,
Change Your Life
Featuring Hundreds of Real Dream Interpretations and a Comprehensive Dream Symbol Dictionary

"Your day and your dream are always connected. Always. You can always connect the dots between what happened in the dream and what happened that day."
DR. LAURI LOEWENBERG

THE CANADIAN PRESS H/O

Hidden Veggie Sammies

Preparation:

1. In bowl using fork, combine tuna, green onions, celery, cucumber, olive oil, lemon juice, mayonnaise, mustard, chopped dill and salt.
2. Open slider buns and place on a work surface. Divide greens among bottom halves of buns. Top with scoop of tuna salad, dividing evenly, and tops of buns. **THE CANADIAN PRESS/ PRESIDENT'S CHOICE**

Ingredients:

- 2 cans (each 170 g) chunk light tuna in water, drained
- 2 green onions, sliced
- Small stalk celery, diced
- 30 ml (2 tbsp) diced cucumber (skin on)
- 30 ml (2 tbsp) olive oil
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) mayo
- 10 ml (2 tsp) Dijon mustard
- 5 ml (1 tsp) fresh dill
- 0.5 ml (1/8 tsp) salt
- 9 slider mini buns
- 250 ml (1 cup) mixed baby greens

Spreading the joy of perogies

The Bexx Eatery food truck offers up a delicious version of the Slavic dumplings You can also sample burgers, corn dogs, Paninis and more

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

This is no ordinary food truck. Bexx Eatery, parked in Stittsville, offers the top greatest food: perogies! Originally of Slavic origin, this dish has gained wide appeal — for good reason.

Who doesn't love a dumpling that's filled with cheese, boiled in water, fried in butter and served with bacon, caramelized onions and sour cream?

They tasted fresh, without preservatives and are a nice alternative to the mainstream chip truck specialties. Along with these half-moon delicacies was a serving of pork schnitzel, thinly breaded and seasoned nicely. The meat was still slightly pink inside (maybe too pink) but acceptably moist.

Though Bexx offers poutine, corn dogs, hotdogs and burgers, sausages are missing from its menu. Instead, you'll be tempted by the Panini sandwiches that include turkey, pulled pork or chicken options.

This food truck promises to be open during the colder season to warm us with chili and soup, but enjoy eating al fresco at a picnic table while you can.

Bexx Eatery
1195 Carp Rd.
613-316-9218
Quick solo lunch: Yes
Social lunch: Yes
Client negotiations: No
Price range: $
Rating: 3.5 out of 5

SHARI GOODMAN

Perogies and pork schnitzel ($7.75).

THE CANADIAN PRESS H/O

This recipe serves six.

Comfort food gets remixed

Preparation:

1. Preheat oven to 200 C (400 F) and bake pie shell according to package directions for a baked shell. Set aside
2. In saucepan, melt butter over medium heat. Add flour and mix well; cook, stirring 3 mins.
3. Whisk milk gradually into butter mix and continue to whisk until sauce has come to a boil and is slightly thickened. Add cheddar cheese and cayenne pepper and continue to whisk for 4 mins until cheese melts and sauce is thicker and creamy smooth.
4. In bowl, combine cooked macaroni, cheese sauce, half bacon and half Parmesan cheese. Season with salt and pepper. Fill baked pie shell with cheese mix; top with remaining bacon and Parmesan.
5. Bake in a 200 C (400 F) oven for 25 minutes or until top is slightly golden. Let stand for 5 minutes before serving. **THE CANADIAN PRESS/ TENDER-FLAKE & MAPLE LEAF READY CRISP FULLY COOKED BACON**

Ingredients:

- 1 frozen pie shell
- 875 ml (3 1/2 cups) cooked elbow macaroni
- 45 ml (3 tbsp) butter
- 30 ml (2 tbsp) all-purpose flour
- 375 ml (1 1/2 cups) 2 per cent milk
- 500 ml (2 cups) shredded sharp cheddar cheese
- Pinch cayenne pepper
- 6 slices fully cooked bacon, coarsely chopped
- 50 ml (1/4 cup) grated Parmesan cheese, divided
- Salt and pepper, to taste

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*Applicable taxes extra. At participating cafés only. While quantities last.

CASH-SMART KIDS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Parents — don't let your kids grow up financially illiterate! From coast-to-coast, Canadian students receive limited financial literacy training through grade school. Basic financial lifelessons, like budgeting and investing, are left up to parents.

Even if you feel like your money skills aren't sharp, don't shy away from tackling this subject with your kids. They'll benefit from your real world knowledge and hopefully you'll feel extra motivated to make good financial decisions your children can look up to.

Start talking to your children about money as soon as possible. If you're headed to the bank or ATM, bring them with you and describe what you're doing. If you pay with a credit card versus cash, explain the difference between the two methods of payment.

While grocery shopping, assign Junior the task of reading and reporting back to you the prices of produce. If you buy your child a new backpack and sneakers for $100, tell them how many hours you had to work to make that purchase.

Play games such as Monopoly, Cash Flow or Life. Each focuses on various financial aspects of real life money issues like cash management, real estate and getting a job. Give your children a small allowance and coach them on how to budget their money. Give them three jars; one for saving (10 per cent), one for giving (10 per cent) and one for spending (80 per cent).

When a birthday rolls around, buy your child stock in a company they think is cool like Apple or Google. Then, track the performance of the stock online using the portfolio tracking tool on Yahoo! Finance.

When they're teenagers, encourage your children to get a job. When they bring home their first pay stub, talk with them about taxes, employment insurance and other deductions.

Sign them up for an automatic contribution into an investment plan the day they get paid and discuss compounded returns. Even $25 a month starting at age 16 grows into a massive nest egg by retirement.

If you need resources to help get your children started on the right financial footing, check out getsmarteraboutmoney.ca. This site hosts resources for parents and children, tools, games and competitions.

Let's open up about money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Mary Ann Wong is a 37-year-old Winnipegger with a weakness for shoes and a love affair with cruise ships. She also now has the heart of a lion when it comes to vanquishing debt.

"I used to say my marriage failed because I was more into my work than my husband. But the truth is a relationship with Jimmy Choo and Carnival ended things."

It was just after Mary Ann plunked down more than $1,000 for a pair of chart-topping biker-style Jimmy Choo boots, which she intended to wear on an upcoming girlfriend Carnival cruise, that her husband packed his eight-year-old sneakers and left.

"I was so mad at myself screwing up a marriage over clothes and trips that I had to find some way to punish myself," she wrote to me last year. Her self-inflicted punishment consisted of an entire year without spending one thin dime on anything but the essentials. Before that, she'd never even gone a week without buying something. Agony.

I recently got back in touch with Mary Ann because her story might win her $5,000.

A new contest by Credit Education Week Canada (an initiative of the not-for-profit, credit counselling charity, Credit Canada), and sponsored by Capital One, offers three prizes, $1,000, $2,000 and $5,000 to adults for a 300-word story about their experience with credit and debt and how they have conquered problems.

I love this contest because money woes are still a big taboo in our society. We'd rather reveal details of our sex lives than our financial affairs. Even if you don't win, you'd be amazed at how therapeutic writing about money problems can be.

I've seen the effect on people; the minute they admit their financial problems — whether they are of their own making, à la Mary Ann, or as a result of circumstance. You can actually see the release as stress and shame lift.

Here's a contest tip: aim for humour, inspiration and/or pathos. Those three emotions always catch judges' attention.

But hurry, you have to get your story in between this Friday and Oct. 21 and the winning entries will be published in Metro and posted on the Credit Education Week Canada site. Oh, and about Mary Ann. She and her ex are dating again.

Talking or writing about your financial problems and solutions will not only inspire you but others as well.
- ALISON'S MONEY RULE

ISTOCK

▶ It's no secret: We have all had financial woes at some point.

CONTACT ALISON AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

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POPQUIZ
I keep reading news about a slowdown in the US economy – should I sell my investments?
A: Money in America? Is that an oxymoron?
B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*
This column and more available at
Metronews.ca/YourMoney
Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
Your money section spnsored by: TD
Allan Small
Senior Investment Advisor – DundeeWealth
metro

BACK IN THE GROOVE

ISTOCKPHOTO/THINKSTOCK

Fast Track French

The Fast Track French programs offer adults who wish to learn French as a second language an opportunity to learn in a French environment.

STARTING THIS FALL in continual enrollment mode

- Intensive 8 week (45-hour) classes:
  - Blended learning modules comprised of 21+ hours of online training and 24 hours of in-class conversation (once a week)
- Intensive 3 week morning (45-hour) classes:
  - 15 hours a week of in-class instruction
- Current Event Conversation Classes 15 weeks:
  - 3 hours a week intermediate and advanced levels

Please check our online guide for schedules and pricing on page 66:
www.lacitecollegiale.com/formationcontinue.htm **and click on:**
Téléchargez en format PDF le guide des programmes et cours offerts cette session.

For more information, contact: **Michelle Hill, mhill@lacitec.on.ca**
or visit: **www.lacitecollegiale.com/formationcontinue.htm**

EP-11-008

la cité collégiale
Le Collège des meilleures pratiques

RETURNING TO SCHOOL MEANS FINDING ROUTINE FOR ENTIRE YEAR

Getting back into a college or university routine can be tough, whether you are coming back from the summer break or returning to education for the first time in years.

Jason Hunter, dean of students at Toronto's Humber College, says the first step should be going to orientation week, a.k.a. Frosh Week.

"People have a perception that orientation is a week of fun and partying, but, in reality, the orientation programs are intended to provide every student with an orientation to the campus and the resources available," he says.

"It connects students to each other and to faculty."

If you skip orientation week and try to orient yourself later, you will find it much harder and will miss lots of stuff.

"You should recognize all of the resources that are available to you at any college or university. You've effectively already paid for them through your tuition — take advantage of them," Hunter says.

When it comes to budgeting time and money, think not just for the first week, but the whole year.

"They may have all that (funding) up front and the temptation (to blow it)," Hunter says.

Instead, divide the money by eight months and stick to that budget.

If your classes have regular tests, you might not have to worry about time management, but if it's slanted to end-of-year work, you need to budget your time so you stay on track from the start. Your school may have programs to improve your budgeting skills.

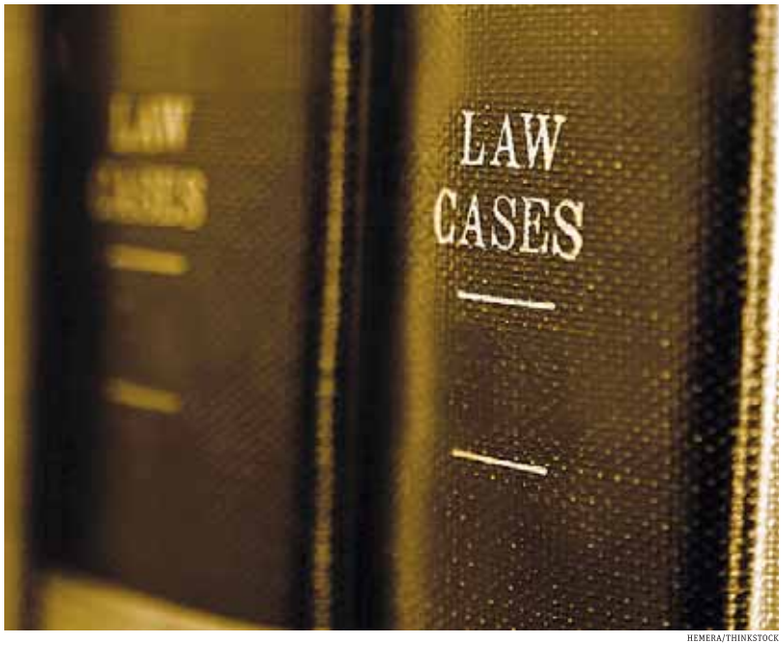
Rachel Bouska of Alberta's Department of Advanced Education and Technology says going back to school can be especially disorienting if you are an adult returning after a gap of years, perhaps since high school.

Bouska says a lot of back-to-school stress is caused by finances, so students should explore what help is available. There are plenty of academic and athletic scholarships and bursaries for students, and some go unclaimed. Check with your provincial government and post-secondary institution to see what financial help you qualify for.

"There are always supports in place," she says. "A post-secondary education is one of the best investments someone could make." — *Jon Tattrie*

EDUCATION WORTH THE INVESTMENT

Post-secondary education can cost a lot up front, but experts say it is an investment that will amortize over many years. According to the Ontario Ministry of Training, Colleges and Universities, post-secondary graduates earn $1 million more over their lifetime than those without degrees or diplomas. It says the unemployment rate for post-secondary graduates is seven per cent. For high school graduates, it's nine per cent; among high school dropouts, it's 15 per cent.



HEMERA/THINKSTOCK

LAW & EXPERIENCE

FOREIGN-TRAINED LAWYERS GET EDGE AT U OF T

The University of Toronto Faculty of Law offers the Internationally Trained Lawyers Program (ITLP), which opened its doors to students in May 2010 to assist foreign-trained lawyers seeking to practise law in Ontario.

The 10-month program combines academic training with an unpaid internship and prepares qualified students for the National Committee of Accreditation (NCA) exams and educates them about the licensure process.

Program director Gina Alexandris says that many foreign-trained lawyers arrive with qualifications but not that all-important Canadian experience. "Many of them have not been in a classroom setting for years because they've been practising in their home jurisdictions and, in addition, many of them have learned in a very different format and a different way of teaching and learning."

The goals of the program are twofold, explains Alexandris.

"On the one hand, it's to support them with their academic preparation for the challenge of exams. The other element is the career support; getting to know what to expect in a Canadian legal environment, developing a network and getting some of that Canadian experience. So we have an internship for our students and they get to actually be in a workplace setting; this year it's three months, so they actually get to engage in law work here in Ontario that they might not otherwise have exposure to."

Dinah Bal explains some of the challenges she experienced coming to Canada as a lawyer from the Philippines.

"Having had no in-depth prior knowledge of what the Canadian substantive laws are, and what actual legal practice entails, I was like a sponge, trying to soak up as much as I can about the legal practice and the legal concepts of Canada, in general, and Ontario, in particular.

"Hearing first-hand accounts from the panel about their own journey and the real challenges that each had to face inspired me to forge ahead despite my own fears and the demands of raising a family and holding on to my current job."

UNIVERSITY OF TORONTO PHOTO

COURSE HIGHLIGHTS

- $4-million grant from the government of Ontario in June 2009.
- Three-month internship at workplaces to give students exposure to critical "Canadian experience."
- Fifty different partner law firms provide internships and mentoring.
- NCA accreditation exam takes foreign-trained lawyers to the equivalent of a Canadian graduate.
- Program prepares students for the licensure process, commonly known as the bar exam.
- Students are trained for Canadian application, resumé preparation and interview process.

UNIVERSITY OF TORONTO
FACULTY OF LAW
Internationally Trained Lawyers Program

Your time is now!

The Internationally Trained Lawyers Program (ITLP) at the University of Toronto Faculty of Law offers a range of programs to help internationally trained lawyers and internationally educated law graduates seeking to become accredited and licensed in Canada.

Open House & Information Sessions

University of Toronto Faculty of Law, Flavelle House, Rowell Room			
October 12 *2–4 pm*	*November 23* *4–6 pm*	*January 11* *2–4 pm*	*February 1* *4–6 pm*
Mississauga Central Library, Classroom 3			
November 1 *4–7 pm*			

Fall/Winter NCA Challenge Examination Review Program

Enroll today for review classes offered in up to 7 NCA subjects. The program begins November 4, and registration information is available at www.itlp.utoronto.ca.

Find out more at **itlp.utoronto.ca**

Contact us at 416.978.6770 or itlprogram.law@utoronto.ca

The ITLP is a recent recipient of the following awards and honours:

Ontario

ITLP
Internationally Trained Lawyers Program

InnovAction — 2011 InnovAction Award Winner

TRIEC IS — Shortlisted for TRIEC's 5th Annual Immigrant Success (IS) Awards

4 sports

Quoted

"As hard as the losses are, you've got to be able to celebrate these a little and try to remember what it feels like. Obviously, we love that feeling and want to keep it going."

BUFFALO QUARTERBACK RYAN FITZPATRICK. AFTER AN OFF-SEASON OF QUESTION MARKS AND CRITICISM, THE BILLS ARE OFF ON THE RIGHT TRACK FOLLOWING AN EYE-OPENING 41-7 WIN AT KANSAS CITY ON SUNDAY.

Scan code for more sports news.

'Amazing year' continues

- Djokovic beats Nadal in four sets to win first U.S. Open title
- He now has record of 64-2 this year with 10 tournament titles

AL BELLO/GETTY IMAGES

▶ Novak Djokovic reacts after winning match point against Rafael Nadal yesterday.

Novak Djokovic produced a nearly perfect performance to match his nearly perfect season.

Returning brilliantly, swatting winners from all angles, the No. 1-ranked Djokovic held on to beat defending champion Rafael Nadal 6-2, 6-4, 6-7 (3), 6-1 last night in a final chock-full of lengthy, mesmerizing points to earn his first U.S. Open title and third Grand Slam trophy of 2011.

Djokovic improved to 64-2 with 10 tournament titles in a simply spectacular year, one of the greatest in the history of men's tennis — or any sport, for that matter.

"I've had an amazing year," Djokovic said, "and it keeps going."

Against No. 2 Nadal, Djokovic is 6-0, all in finals — three on hard courts, including yesterday; two on clay; and one on grass at Wimbledon in July. Djokovic also won the Australian Open in January, and is only the sixth man in the 40-plus years of the Open era to collect three major titles in a single season.

"Obviously I'm disappointed, but you know what this guy is doing is unbelievable," Nadal said.

Addressing Djokovic, Nadal added: "What you did this year is impossible to repeat, so well done."

Djokovic attributes his rise this season to a number of factors, including a vastly improved serve, better fitness — owing, at least in part, to a gluten-free diet he doesn't like to discuss in any detail — and a seemingly endless reservoir of confidence that dates to December, when he led Serbia to its first Davis Cup title.

82-3

John McEnroe's record in 1984, the best win-loss ratio in the modern era. Roger Federer was 81-4 in 2005.

That's where Djokovic began a 43-match winning streak that ended with a semifinal loss to Federer in the French Open semifinals. The only other blemish on Djokovic's 2011 record was a loss to Andy Murray in the Cincinnati Masters final last month; Djokovic stopped playing while trailing, citing a painful shoulder.

That was the 24-year-old Serb's last match before heading to Flushing Meadows. His shoulder was fine, clearly, and while he was treated by a trainer for a bad back three times in the late going yesterday — perhaps the reason his serves slowed to under 100 miles per hour in the fourth set — he overcame it.

THE ASSOCIATED PRESS

Russian team lost to plane crash will miss KHL season

The hockey team wiped out by a plane crash last week will not take part in this year's Kontinental Hockey League season, Russian Sports Minister Vitaly Mutko said yesterday.

Mutko said that Lokomotiv Yaroslavl would be demoted to a lower league as part of a gradual rebuilding program, which was team management's wish.

"At a meeting with the president, we arrived at the conclusion that we must support those decisions taken by the club," Mutko said after a high-level discussion on plans for Lokomotiv chaired by Russian President Dmitry Medvedev.

Officials had expressed hopes Lokomotiv could be revived in time to take part in the current season, which began yesterday, by drafting in players from other KHL teams. Those plans appear to have been shelved in favour of more long-term reconstruction plans. THE ASSOCIATED PRESS

NFL

Week 1 takes toll on Rams

The St. Louis Rams could be without running back Steven Jackson for next Monday's game against the New York Giants, while quarterback Sam Bradford is expected to play despite a bruised index finger.

Those weren't the only injuries the Rams suffered in Sunday's 31-13 loss to Philadelphia. Cornerback Ron Bartell is likely out for the season with two breaks in his neck and wide receiver Danny Amendola dislocated his left elbow.

Jackson ran for a 47-yard touchdown on the Rams' first play, and carried once more for nine yards before leaving due to a strained right quadriceps. THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	88	57	.607	—
Boston	85	61	.582	3½
Tampa Bay	81	64	.559	7
Toronto	74	73	.503	15
Baltimore	58	87	.400	30

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	84	62	.575	—
Chicago	73	72	.503	10½
Cleveland	72	72	.500	11
Kansas City	62	86	.419	23
Minnesota	59	87	.404	25

WEST DIVISION

	W	L	Pct	GB
Texas	83	64	.565	—
Los Angeles	80	66	.548	2½
Oakland	66	80	.452	16½
Seattle	61	85	.418	21½

Last night's results
Tampa Bay at Baltimore
Detroit at Chicago White Sox
L.A. Angels at Oakland
N.Y. Yankees at Seattle
Sunday's results
Detroit 2 Minnesota 1
Toronto 6 Baltimore 5
Tampa Bay 9 Boston 1
Cleveland 7 Chicago White Sox 3
Texas 8 Oakland 1
N.Y. Yankees 6 L.A. Angels 5
Kansas City 2 Seattle 1
Tonight's games
Tampa Bay (Price 12-12) at Baltimore (Simon 4-8), 7:05 p.m.
Toronto (Morrow 9-10) at Boston (Wakefield 6-6), 7:10 p.m.
Cleveland (Masterson 11-9) at Texas (M.Harrison 11-9), 8:05 p.m.
Detroit (Verlander 22-5) at Chicago White Sox (Floyd 12-10), 8:10 p.m.
Minnesota (Pavano 8-11) at Kansas City (Chen 10-7), 8:10 p.m.
L.A. Angels (J.Williams 3-0) at Oakland (Moscoso 8-8), 10:05 p.m.
N.Y. Yankees (A.J.Burnett 9-11) at Seattle (Furbush 3-8), 10:10 p.m.
Tomorrow's games
Toronto at Boston, 1:35 p.m.
Detroit at Chicago White Sox, 2:10 p.m.
L.A. Angels at Oakland, 3:35 p.m.
Minnesota at Kansas City, 4:10 p.m.
Cleveland at Texas, 7:05 p.m.
Tampa Bay at Baltimore, 7:05 p.m.
N.Y. Yankees at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	94	49	.657	—
Atlanta	84	63	.571	12
New York	71	75	.486	24½
Washington	67	77	.465	27½
Florida	66	79	.455	29

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	86	62	.581	—
St. Louis	79	67	.541	6
Cincinnati	71	75	.486	14
Pittsburgh	66	80	.452	19
Chicago	64	82	.438	21
Houston	49	97	.336	36

WEST DIVISION

	W	L	Pct	GB
Arizona	85	62	.578	—
San Francisco	76	70	.521	8½
Los Angeles	72	73	.497	12
Colorado	69	77	.473	15½
San Diego	63	84	.429	22

Last night's results
St. Louis at Pittsburgh
Chicago Cubs at Cincinnati
Florida at Atlanta
Washington at N.Y. Mets
Philadelphia at Houston
Arizona at L.A. Dodgers
San Diego at San Francisco
Sunday's results
Florida 4 Pittsburgh 1
Washington 8 Houston 2
Milwaukee 3 Philadelphia 2
St. Louis 6 Atlanta 3
Colorado 4 Cincinnati 1
San Francisco 8 L.A. Dodgers 1
San Diego 7 Arizona 6
Chicago Cubs 10 N.Y. Mets 6 (11 ings)
Tonight's games
St. Louis (C.Carpenter 9-9) at Pittsburgh (Karstens 9-8), 7:05 p.m.
Chicago Cubs (Dempster 10-11) at Cincinnati (Leake 11-9), 7:10 p.m.
Florida (Hand 1-6) at Atlanta (Minor 5-2), 7:10 p.m.
Washington (Wang 2-3) at N.Y. Mets (Gee 12-6), 7:10 p.m.
Philadelphia (Hamels 14-7) at Houston (Happ 5-15), 8:05 p.m.
Colorado (Rogers 6-5) at Milwaukee (Greinke 14-6), 8:10 p.m.
Arizona (I.Kennedy 19-4) at L.A. Dodgers (Billingsley 10-10), 10:10 p.m.
San Diego (Luebke 5-9) at San Francisco (Cain 11-10), 10:15 p.m.
Tomorrow's games
Florida at Atlanta, 12:05 p.m.
St. Louis at Pittsburgh, 12:35 p.m.
Philadelphia at Houston, 2:05 p.m.
San Diego at San Francisco, 3:45 p.m.
Chicago Cubs at Cincinnati, 7:10 p.m.
Washington at N.Y. Mets, 7:10 p.m.
Colorado at Milwaukee, 8:10 p.m.
Arizona at L.A. Dodgers, 10:10 p.m.

LACROSSE

MANN CUP

CANADIAN SENIOR CHAMPIONSHIP

At Langley, B.C.
(Best-of-7)
All Times Eastern
BRAMPTON (ONT.) VS. LANGLEY (B.C.)
(Brampton leads series 3-1)
Last night's result
Brampton vs. Langley
Sunday's result
Brampton 5 Langley 4
Tomorrow's game
x-Brampton vs. Langley, 10:45 p.m.

CFL

WEEK 11

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	10	7	3	0	242	229	14
Montreal	10	6	4	0	317	251	12
Hamilton	10	5	5	0	273	270	10
Toronto	10	2	8	0	206	290	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	10	7	3	0	269	258	14
Edmonton	10	6	4	0	229	227	12
B.C.	10	4	6	0	260	225	8
Saskatchewan	10	3	7	0	237	283	6

Sunday's results
Montreal 43 Hamilton 13
Saskatchewan 45 Winnipeg 23
Saturday's results
B.C. 28 Toronto 6
Friday's result
Calgary 30 Edmonton 20

WEEK 12

All times Eastern
Friday, Sept. 16
Edmonton at Hamilton, 7:30 p.m.
Saturday, Sept. 17
Toronto at Saskatchewan, 4 p.m.
B.C. at Calgary, 7 p.m.
Sunday, Sept. 18
Winnipeg at Montreal, 1 p.m.

SCORING LEADERS

(x—scored two-point convert)

	TD	C	FG	S	Pts
Whyte, Mtl	0	33	26	6	117
Medlock, Ham	0	27	26	4	109
McCallum, BC	0	23	27	2	106
Palardy, Wpg	0	20	26	4	102
Paredes, Cal	0	24	21	4	91
Duval, Edm	0	17	14	14	73
Prefontaine, Tor	0	15	17	2	68
Richardson, Mtl	8	0	0	0	48
E.Johnson, Sask	0	11	10	5	46
Edwards, Wpg	7	0	0	0	42
Getzlaf, Sask	7	0	0	0	42
Stala, Ham	7	0	0	0	42
Cobourne, Ham	6	0	0	0	36
Brown, BC	5	0	0	0	30
Dressler, Sask	5	0	0	0	30
Foster, BC	5	0	0	0	30
Diedrick, Mtl	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Q.Porter, Ham	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Milo, Sask	0	16	4	1	29
Schiavone, Edm	0	4	8	0	28
Boyd, Tor	4	0	0	0	24
Bratton, Mtl	4	0	0	0	24
Cates, Sask	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Joseph, Edm	4	0	0	0	24
Lewis, Cal	4	0	0	0	24
Simon, BC	4	0	0	0	24
Whitaker, Mtl	4	0	0	0	24
C.Williams, Ham	4	0	0	0	24
Barnes, Edm	3	0	0	0	18
Brink, Wpg	3	0	0	0	18
Bruce, Ham-BC	3	0	0	0	18
Burris, Cal	3	0	0	0	18
Charles, Sask	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Hughes, Sask	3	0	0	0	18
D.Porter, Edm	3	0	0	0	18
Rambo, Cal	3	0	0	0	18
Reid, Wpg	3	0	0	0	18
Reynolds, Cal	3	0	0	0	18
Rideau, Tor	3	0	0	0	18
Robertson, BC	3	0	0	0	18
Shaw, Tor	0	5	4	1	18

NFL

WEEK ONE

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	1	0	0	1.000	41	7
N.Y. Jets	1	0	0	1.000	27	24
Miami	0	0	0	.000	0	0
New England	0	0	0	.000	0	0

SOUTH

	W	L	T	Pct	PF	PA
Houston	1	0	0	1.000	34	7
Jacksonville	1	0	0	1.000	16	14
Tennessee	0	1	0	.000	14	16
Indianapolis	0	1	0	.000	7	34

NORTH

	W	L	T	Pct	PF	PA
Baltimore	1	0	0	1.000	35	7
Cincinnati	1	0	0	1.000	27	17
Cleveland	0	1	0	.000	17	27
Pittsburgh	0	1	0	.000	7	35

WEST

	W	L	T	Pct	PF	PA
San Diego	1	0	0	1.000	24	17
Denver	0	0	0	.000	0	0
Oakland	0	0	0	.000	0	0
Kansas City	0	1	0	.000	7	41

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	1	0	0	1.000	28	14
Philadelphia	1	0	0	1.000	31	13
Dallas	0	1	0	.000	24	27
N.Y. Giants	0	1	0	.000	14	28

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	0	1	0	.000	34	42
Tampa Bay	0	1	0	.000	20	27
Carolina	0	1	0	.000	21	28
Atlanta	0	1	0	.000	12	30

NORTH

	W	L	T	Pct	PF	PA
Chicago	1	0	0	1.000	30	12
Detroit	1	0	0	1.000	27	20
Green Bay	1	0	0	1.000	42	34
Minnesota	0	1	0	.000	17	24

WEST

	W	L	T	Pct	PF	PA
San Francisco	1	0	0	1.000	33	17
Arizona	1	0	0	1.000	28	21
Seattle	0	1	0	.000	17	33
St. Louis	0	1	0	.000	13	31

Last night's results
New England at Miami
Oakland at Denver
Sunday's results
Arizona 28 Carolina 21
Baltimore 35 Pittsburgh 7
Buffalo 41 Kansas City 7
Chicago 30 Atlanta 12
Cincinnati 27 Cleveland 17
Detroit 27 Tampa Bay 20
Houston 34 Indianapolis 7
Jacksonville 16 Tennessee 14
Philadelphia 31 St. Louis 13
San Diego 24 Minnesota 17
San Francisco 33 Seattle 17
Washington 28 N.Y. Giants 14
N.Y. Jets 27 Dallas 24
Thursday's result
Green Bay 42 New Orleans 34

CIS FOOTBALL

WEEK TWO

ATLANTIC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Saint Mary's	1	1	0	0	54	14	2
Acadia	1	1	0	0	43	10	2
Mt. Allison	1	0	1	0	14	54	0
St. F. Xavier	1	0	1	0	10	43	0

QUEBEC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Sherbrooke	2	2	0	0	64	36	4
Laval	2	2	0	0	60	22	4
Montreal	2	1	1	0	38	37	2
Concordia	2	1	1	0	33	54	2
Bishop's	2	0	2	0	41	50	0
McGill	2	0	2	0	26	63	0

ONTARIO CONFERENCE

	GP	W	L	T	PF	PA	Pt
Western Ontario	2	2	0	0	134	43	4
Windsor	2	2	0	0	79	45	4
Ottawa	2	2	0	0	54	14	4
Wilfrid Laurier	2	1	1	0	86	48	2
Guelph	2	1	1	0	73	48	2
McMaster	2	1	1	0	47	50	2
Toronto	2	1	1	0	15	46	2
Waterloo	2	0	2	0	35	151	0
York	2	0	2	0	15	56	0
Queen's	2	0	2	0	8	45	0

CANADA WEST CONFERENCE

	GP	W	L	T	PF	PA	Pt
Saskatchewan	2	2	0	0	71	17	4
Calgary	2	2	0	0	65	56	4
British Columbia	2	1	1	0	46	40	2
Manitoba	2	1	1	0	53	55	2
Alberta	2	0	2	0	27	60	0
Regina	2	0	2	0	20	54	0

Saturday's results
Acadia 43 St. Francis Xavier 10
Concordia 25 Bishop's 18
Guelph 65 Waterloo 13
Laval 24 Montreal 14
Manitoba 22 Alberta 20
Ottawa 19 Queen's 6
Toronto 10 York 8
Western Ontario 48 McMaster 21
Windsor 41 Wilfrid Laurier 40
Friday's results
Calgary 30 British Columbia 25
Saint Mary's 54 Mount Allison 14
Saskatchewan 33 Regina 10
Sherbrooke 39 McGill 13

WEEK THREE

Friday, Sept. 16
Calgary at Regina, 9 p.m.
Saturday, Sept. 17
St. Francis Xavier at Concordia, 1 p.m.
Saint Mary's at Montreal, 1 p.m.
Bishop's at Mount Allison, 1 p.m.
McGill at Acadia, 1 p.m.
Guelph at Toronto, 1 p.m.
Wilfrid Laurier at Queen's, 1 p.m.
Ottawa at Western Ontario, 1 p.m.
York at Waterloo, 1 p.m.
Saskatchewan at Manitoba, 2 p.m.
Alberta at British Columbia, 5 p.m.
Laval at Sherbrooke, 7 p.m.
McMaster at Windsor, 7 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	27	11	9	7	33	34	40
Kansas City	28	10	8	10	43	36	40
Philadelphia	27	8	7	12	35	30	36
Houston	28	8	9	11	34	36	35
D.C. United	25	8	7	10	37	35	34
New York	27	6	6	15	42	38	33
Chicago	27	4	8	15	30	35	27
New England	28	5	11	12	32	43	27
Toronto	29	5	12	12	30	51	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	28	15	3	10	40	22	55
Seattle	28	13	6	9	43	31	48
Dallas	28	13	8	7	36	31	46
Real Salt Lake	26	13	7	6	37	22	45
Colorado	29	10	8	11	39	37	41
Portland	27	9	12	6	33	41	33
Chivas USA	28	7	11	10	32	33	31
San Jose	27	6	10	11	29	35	29
Vancouver	27	4	13	10	28	43	22

Note: Three points for a win, one for a tie.
Saturday's results
Toronto 4 Columbus 2
Vancouver 1 New York 1
D.C. United 3 Chivas USA 0
Kansas City 3 Houston 0
New England 2 Dallas 0
Portland 0 Philadelphia 0
Real Salt Lake 2 Seattle 1
San Jose 2 Chicago 0
Tomorrow's game
All Times Eastern
Houston at Columbus, 7:30 p.m.

NASL

Sunday's results
Montreal 1 Carolina 0
Fort Lauderdale 2 Edmonton 1

TENNIS

U.S. OPEN

At New York

MEN

Singles — Championship
Novak Djokovic (1), Serbia, def. Rafael Nadal (2), Spain, 6-2, 6-4, 6-7 (3), 6-1.
2011 CHAMPIONS
Men's Singles — Novak Djokovic (1), Serbia.
Women's Singles — Sam Stosur (9), Australia.

WTA CHALLENGE BELL

At Quebec City
Singles — First Round
Melinda Czink, Hungary, def. Kathrin Woerle, Germany, 6-4, 1-6, 6-3.
Heather Watson, Britain, def. Anne Kremer, Luxembourg, 6-2, 6-4.
Irina Falconi, U.S., def. Alison Riske, U.S., 6-3, 6-3.
Rebecca Marino (4), Vancouver, def. **Stephanie Dubois, Laval, Que.**, 6-2, 6-4.
Doubles — First Round
Jamie Hampton, U.S., and Anna Tatishvili, Georgia, def. Sofia Arvidsson, Sweden, and Marina Erakovic (2), New Zealand, 4-6, 7-6 (5), 10-8 tiebreak.
Melinda Czink, Canada, and Andrea Hlavackova, Czech Republic, def. Elena Bovina, Russia, and Irena Pavlovic, France, 6-4, 7-5.
Raquel Kops-Jones and Abigail Spears (1), U.S., def. Lauren Albanese and Madison Brengle, U.S., 6-3, 6-0.

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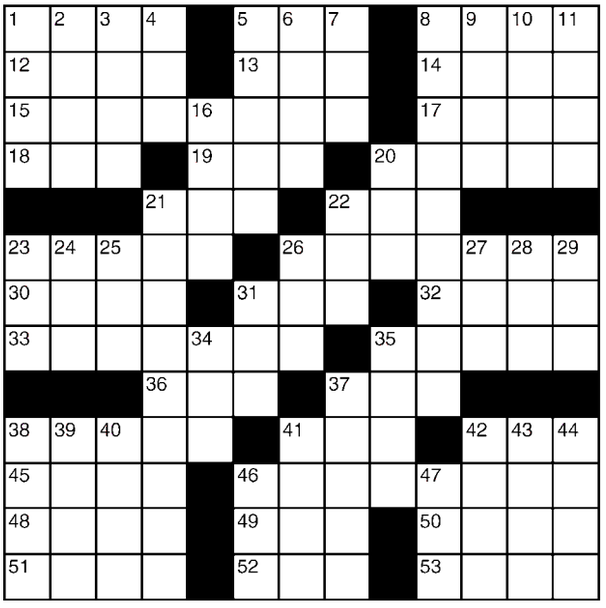
Crossword



Across

1 Swedish pop quartet
5 Distant
8 Hairless
12 Skelton's Kadiddlehopper
13 Brazilian resort city
14 Met melody
15 Big name in appliances
17 Ponce de —
18 34-Down's mate
19 Ex-GI
20 Entry form
21 Marry
22 Dine
23 Actor Fonda
26 Sanit workers' job
30 Hertz rival
31 Transmit electronically
32 Shakespeare villain
33 Ruin
35 Build a wing
36 Peace (Lat.)
37 Mel of Cooperstown
38 "— Buddies"
41 Pair
42 Insult (Sl.)
45 Opposed
46 Locate precisely
48 Tilt
49 Consumed
50 Walk the floor
51 Shoppers' mecca
52 Neither mate
53 Cabbage salad

Down

1 Rue the run
2 Huff and puff
3 — noire
4 Pump up the vol.
5 Cooked in a skillet
6 "— Misbehavin' "
7 Decay
8 Pen type
9 Vicinity
10 MGM mascot
11 Unpleasantly moist
16 Finished
20 Vagrant
21 Cadets' place
22 Gender
23 Cushion
24 Leading lady?
25 "— the season ..."
26 Shaft of light
27 Moving truck
28 Time of your life?
29 Bagel topper
31 "The Simpsons" network
34 See 18-Across
35 On
37 Title holder
38 Soothing ointment
39 Draftable
40 Celebrity
41 One of the Jackson 5
42 Rotary phone feature
43 Erstwhile Peruvian
44 Ratatouille, e.g.
46 Zero-star review
47 Chances, for short

▶ Yesterday's answer

O	R	G			P	I	C		N	A	T	O
R	O	A	N		A	M	I		O	D	I	N
I	A	G	O		R	U	G		N	E	M	O
G	R	A	N	D		S	A	G	A			
			A	I	M		R	E	G	I	N	A
A	M	A	L	G	A	M		L	E	B	O	W
T	A	L	C		D	A	M		N	E	N	E
O	R	L	O	N		R	E	L	A	X	E	D
M	E	S	H	E	D		W	A	R			
			O	W	E	N		P	I	L	O	T
A	B	E	L		L	O	G		A	I	D	A
M	I	N	I		A	V	A		N	O	I	R
A	C	D	C		Y	A	M		N	E	T	

Sudoku

		7				2		
					9		4	5
4	3		8	1				
							5	2
8	2	4				1	3	6
3	1							
				9	3		6	4
7	5		4					
		6				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	2	4	3	1	9	6	7	5
3	9	5	6	2	7	1	8	4
1	7	6	4	5	8	3	2	9
9	5	7	1	4	3	2	6	8
2	1	8	5	9	6	4	3	7
4	6	3	8	7	2	9	5	1
6	4	2	7	8	1	5	9	3
7	3	1	9	6	5	8	4	2
5	8	9	2	3	4	7	1	6

Send a KISS

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My Venus
I know millions of people read this daily, and I want the world to know how much "I LOVE YOU". You are everything I've ever wanted, and all the times we've shared and memories we've made, I want to last forever. I'll never hurt you, or treat you bad, but Love you like no one else ever has. This I promise you! A&F
FROM JAYJAY

mikhail,
it was nice spending the weekend together...:) i miss you already see you soon love!
FROM LOVELY LADY

S,
From the minute I met you I was head over heels for you. I think about you day and night. Just wish we had more time together. Love you!
FROM C

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** **March 21-April 20** You are very much on the right course, so keep going.

♉ **Taurus** **April 21-May 21** Resist the urge to get involved in quarrels that do not concern you.

♊ **Gemini** **May 22-June 21** If there is something you want to do, something you have been thinking about for months, start it right now.

♋ **Cancer** **June 22-July 22** It's likely you will feel a bit rundown over the next 24 hours.

♌ **Leo** **July 23-Aug.23** Stand back from what you are working on today and remind yourself what the bigger picture looks like.

♍ **Virgo** **Aug. 24- Sept. 22** There is someone in your life who acts like a friend but who secretly resents your success.

♎ **Libra** **Sept. 23-Oct. 23** If you cannot discuss things amicably today you must agree to disagree.

♏ **Scorpio** **Oct. 24-Nov. 22** If you adopt too rigid an approach on the work front you will lose out to someone who is more able to adapt.

♐ **Sagittarius** **Nov. 23-Dec. 21** Be careful what you say over the next 24 hours.

♑ **Capricorn** **Dec. 22-Jan. 20** Don't make accusations that you have no way of proving.

♒ **Aquarius** **Jan. 21-Feb. 18** Be brave and stand up for your rights.

♓ **Pisces** **Feb. 19-March 20.** Don't take on any extra work today. You may think you can cope, you may think you have got energy to spare, but later on you may wish you had been more cautious. Think of your health, both physical and emotional.

SALLY BROMPTON

Caption contest

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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08 Lincoln Mark LT

- 4x4, Loaded, Roof, Lthr, Auto
- st: 32051
- km: 62079

$31,870

$279** Bi-weekly

08 Mazda CX-9

- AWD, Loaded, A/C, Lthr, Auto
- st: 32182
- km: 48564

$25,950

$163** Bi-weekly

08 Benz B200

- Loaded, A/C, Auto
- st: 32353
- km: 66500

$17,880

$163** Bi-weekly

11 Mazda2

- Loaded, A/C, Auto, Brand New
- st: 32649
- km: 30

$16,950

$137*** Bi-weekly

07 Pontiac Wave

- Std
- st: 32687
- km: 54018

$6,850

$62** Bi-weekly

07 Nissan Versa S

- Std
- st: 32719
- km: 58928

$7,750

$71** Bi-weekly

11 Volvo C70

- Hardtop Convert, Loaded, Lthr, Auto
- st: 32285
- km: 19652

$39,930

$309*** Bi-weekly

10 Benz GLK350

- AWD, Loaded, Roof, Lthr, Auto
- st: 32347
- km: 62310

$37,830

$293** Bi-weekly

09 Toyota Venza

- AWD, Loaded, A/C, Auto
- st: 31787
- km: 22487

$26,850

$208*** Bi-weekly

11 Mazda3 GX

- Loaded, A/C, Auto
- st: 32803
- km: 28664

$16,970

$137*** Bi-weekly

08 Toyota Yaris

- Std
- st: 32499
- km: 51207

$9,650

$88** Bi-weekly

10 Honda Insight

- Hybrid, Loaded, A/C, Auto
- st: 31958-A
- km: 53737

$18,800

$152*** Bi-weekly

08 Lexus IS 250

- Loaded, A/C, Auto
- st: 32790
- km: 55516

$21,850

$191** Bi-weekly

07 LandRover LR3

- AWD, Loaded, Roof, Lthr, Auto
- st: 32639
- km: 81882

$22,650

$198** Bi-weekly

07 Lincoln MKZ

- AWD, Loaded, Roof, Lthr, Auto
- st: 32203
- km: 58500

$18,820

$171** Bi-weekly

09 Kia Rio

- Loaded, A/C, Auto
- st: 32437
- km: 63588

$9,820

$79*** Bi-weekly

07 Hyundai Accent

- Loaded, A/C, Auto
- st: 32548
- km: 99490

$6,940

$63** Bi-weekly

07 Honda Civiv DX-G

- Loaded, A/C, Auto
- st: 11136-A
- km: 93331

$11,350

$103** Bi-weekly

08 Benz C300

- Loaded, A/C, Roof, Lthr
- st: 32357
- km: 40721

$28,650

$251** Bi-weekly

07 Cadillac STS

- AWD, Loaded, Roof, Lthr, Auto
- st: 29658
- km: 79888

$19,850

$181** Bi-weekly

08 Benz ML350

- AWD, NAV, Roof, Lthr
- st: 31247
- km: 62775

$37,850

$331** Bi-weekly

09 Smart Fortwo

- Loaded, A/C, Auto
- st: 32624
- km: 12568

$12,980

$105*** Bi-weekly

07 Hyundai Elantra

- Auto
- st: 31589
- km: 96648

$7,950

$72** Bi-weekly

08 Mini Cooper

- Loaded, A/C, Lthr, Auto
- st: 32001
- km: 71698

$16,870

$154** Bi-weekly

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08 VOLVO C30
LOADED, A/C, AUTO • 77462km
st:32561 • **$16,970** • bw:$155**

07 VIBE
A/C • 95204km
st:32044 • **$8,950** • bw:$82**

07 EQUINOX LT
LOADED, A/C, SUNROOF • 57348km
st:32482 • **$13,640** • bw:$124**

10 MUSTANG CONVERT
LOADED, A/C, AUTO • 53533km
st:31839 • **$23,850** • bw:$185***

09 SPECTRA LX
LOADED, A/C, AUTO • 55680km
st:31179 • **$9,980** • bw:$81***

08 FORD RANGER XL
STD • km:82025
st:32350 • **$9,820** • bw:$89**

07 SATURN AURA XE
LOADED, A/C, AUTO • 81620km
st:31687 • **$9,660** • bw:$88**

10 SUZUKI SX4
LOADED, A/C, AUTO • 60092km
st:32707 • **$10,970** • bw:$89***

07 UPLANDER
LOADED, A/C • 90676km
st:32810 • **$8,850** • bw:$81**

10 GR.CARAVAN SE
STOW N GO, LOADED, A/C • 65190km
st:32706 • **$16,960** • bw:$137***

07 FUSION SE
LOADED, A/C • 79652km
st:32716 • **$10,670** • bw:$97**

09 PATRIOT 4WD
LOADED, A/C, AUTO • 98961km
st:32703 • **$13,650** • bw:$110***

10 COROLLA CE
LOADED, A/C, AUTO • 65154km
st:32303 • **$14,450** • bw:$117***

07 PONTIAC G6 GT CONVERT
LOADED, A/C, AUTO • 74951km
st:32611 • **$14,950** • bw:$136**

10 LANCER
LOADED, A/C, AUTO • 63749km
st:32806 • **$14,850** • bw:$120***

07 TOYOTA RAV4 4WD
LOADED, A/C, AUTO • 94969km
st:32215 • **$16,840** • bw:$153**

07 RABBIT
LOADED, A/C • 71325km
st:32523 • **$11,950** • bw:$109**

11 ESCAPE XLT AWD
LOADED, A/C, AUTO • 28327km
st:32782 • **$22,950** • bw:$178***

07 MATRIX
STD • 91796km
st:31443 • **$7,950** • bw:$72**

10 SENTRA XTRONIC CVT
LOADED, A/C, AUTO • 61183km
st:32765 • **$12,650** • bw:$102***

09 PT-CRUISER
LOADED, A/C, AUTO • 61199km
st:32428 • **$8,950** • bw:$72***

07 SAAB 9-3
LOADED, AUTO, SUNROOF • 50906km
st:32005 • **$14,950** • bw:$136**

10 ALTIMA 2.5S
LOADED, A/C, AUTO • 75294km
st:32443 • **$14,950** • bw:$121***

07 JETTA CITY
LOADED, A/C, SUNROOF • 83684km
st:32546-A • **$11,650** • bw:$106**

07 MURANO SL AWD
LOADED, A/C, AUTO • 94659km
st:32666 • **$16,340** • bw:$149**

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